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From
NEWCOMERS



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Club of..
Park Ridge, Ill.

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FINGER TIPS

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The purpose of our Newcomers Club is to help new residents get better acquainted with the social and civic activities in Park Ridge, to learn their way around town, and to meet people who are new like themselves. We have a wide variety of activities and invite all women who have lived in Park Ridge for less than 2 years to join us.

An idea - a few plans - and a reality. That is the brief history of the Park Ridge Newcomers first cook book. Through the combined efforts of the committee and the membership, we have compiled what we hope will be a representation of culinary pleasures from the U. S. A. and abroad, as our members come from many different parts of the world. The recipes in this book may not have been laboratory tested, but their merit has been established by the most critical group of all - husbands and families.

Our sincere thanks to all who contributed their favorite recipes to make this book possible. A special thank you to those who gave their time to help solicit advertising.

The Cook Book Committee

Marlene Brown

Jan Coleman

Pat Demonte, Chairperson

Stephanie Jackson

Kathy Meehan

Marlene Petrie

Lois Weihs

Cover Design by Tina Paulo

RECIPE FOR A HAPPY DAY

Measure 1 cup of friendly words.

Add 2 heaping cups of understanding.

Add 4 generous teaspoons of
time and patience.

Cook on front burner,
keep temperature low.

Do not bring to boil.

Add modest dash of humor and
pinch of warm personality.

Season to taste with spice of life.

Serve in individual molds.

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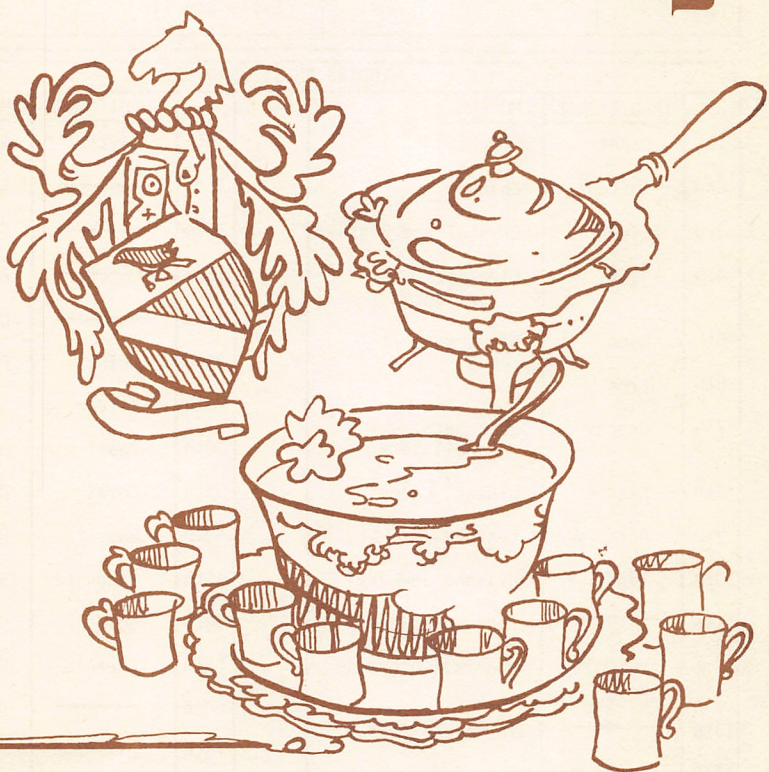
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V.I.P. Section



	FLOWERS	BIRTHSTONES	
		NATURAL	SYNTHETIC
January	Snowdrop or Carnation	Garnet	Garnet
February	Primrose or Violet	Amethyst	Amethyst
March	Jonquil or Daffodil	Bloodstone - Aquamarine	Aquamarine
April	Daisy or Sweet Pea	Diamond	White Sapphire
May	Hawthorn or Lily of the Valley	Emerald	Green Spinel
June	Rose or Honeysuckle	Pearl or Moonstone	Alexandrite
July	Larkspur or Water Lily	Ruby	Ruby
August	Poppy or Gladiolus	Sardonyx - Peridot	Peridot
September	Aster or Morning Glory	Sapphire	Sapphire
October	Cosmos or Dahlia	Opal - Tourmaline	Rose - Zircon
November	Chrysanthemum	Topaz or Citrine	Golden Sapphire
December	Holly or Poinsettia	Turquoise or Lapis Lazuli	Zircon

WEDDING ANNIVERSARIES

	TRADITIONAL			MODERN	
	TRADITIONAL	MODERN		TRADITIONAL	MODERN
1st	Paper	Clocks	15th	Crystal	Watches
2nd	Cotton	China	16th	—	Silver Holloware
3rd	Linen	Crystal and Glass	17th	—	Furniture
4th	Silk	Electric Appliances	18th	—	Porcelain
5th	Wood	Silverware	19th	—	Bronze
6th	Iron	Wood	20th	China	Platinum
7th	Copper	Desk Sets, Pencil Sets	25th	Silver	Sterling Jubilee
8th	Bronze	Linens, Laces	30th	Pearl	Diamond
9th	Pottery	Leather	35th	Coral	Jade
10th	Tin	Diamond Jewelry	40th	Ruby	Ruby
11th	—	Fashion Jewelry	45th	Sapphire	Sapphire
12th	—	Pearls, Colored Gems	50th	Gold	Golden Jubilee
13th	—	Textiles, Furs	55th	Emerald	Emerald
14th	—	Gold Jewelry	60th	—	Diamond Jubilee
			75th	Diamond	

V. I. P. SECTION

SPINACH QUICHE APPETIZER

1 c. flour	1/4 lb. butter, melted
1 tsp. salt	1 onion, chopped fine
1 tsp. baking powder	1 lb. grated cheese
2 eggs, beaten	1/2 pkg. frozen chopped
1 c. milk	spinach, drained

Sift flour, salt and baking powder; add eggs, milk and butter. Stir. Add other ingredients. Spread in well-greased 9 x 13-inch pan. Bake at 350 degrees for 30 to 35 minutes. Cut into 1-inch pieces and freeze. Defrost. Bake at 350 degrees for 10 minutes.

Gerry Butler, Wife of Mayor
of Park Ridge

BLENDER CHEESE CAKE

Crust:

16 graham crackers	1 tsp. cinnamon
1/2 c. sugar	3/4 stick butter, melted

Filling:

2 eggs	1 1/2 c. sour cream
1/2 c. sugar	1 lb. cream cheese
2 tsp. vanilla	2 Tbsp. butter, melted

Crush graham crackers. Combine with sugar, cinnamon and melted butter. Press into an 8-inch spring-form pan.

Put eggs, sugar, vanilla and sour cream in blender; turn on blender. While the blender is running, drop in cream cheese, a piece at a time, and with the last piece, add the melted butter. Pour into crust; bake at 375 degrees 35 minutes or until a knife inserted in center comes out clean.

Judy Kaplan, Newcomers
President 1976-77

MUSHROOM SPREAD

4 slices bacon	1/4 tsp. salt
8 oz. fresh mushrooms, chopped	1/8 tsp. pepper
1 onion, finely chopped (1/2 c.)	1 (8 oz.) pkg. cream cheese, cubed
1 clove garlic, minced	2 tsp. Worcestershire sauce
2 Tbsp. flour	1 tsp. soy sauce
	1/2 c. sour cream

In skillet, cook bacon until crisp. Save 2 tablespoons drippings. Cook mushrooms, onion and garlic in drippings until tender and most of liquid evaporates. Stir in flour, salt and pepper. Add cream cheese, Worcestershire sauce and soy sauce. Heat and stir until cheese melts. Stir in sour cream and crumbled bacon. Do not boil! Serve warm. Good on crackers or cocktail rye.

Ellen Sankowski, Newcomers
President 1977-78

CHOCOLATE CHIP CAKE

1 c. butter	2 tsp. baking soda
2 c. sugar	2 tsp. baking powder
4 eggs	2 tsp. vanilla
2 c. sour cream	dash salt
4 c. flour	2 c. chocolate chips

Cream butter and sugar; add eggs. Sift dry ingredients. Add alternately with sour cream. Add vanilla, salt and chocolate chips. Grease and flour a tube pan. Bake at 325 degrees for 1 hour to 1 hour and 15 minutes.

Lois Weihs, Newcomers
President 1978-79

PEANUT BUTTER LOGS

1 c. peanut butter	1 c. flaked coconut
2 c. powdered sugar	2 c. Rice Krispies, slightly crunched
1/2 c. chopped nuts	

PEANUT BUTTER LOGS (Continued)

1/2 c. melted butter
or margarine

1 (12 oz.) pkg. chocolate
chips
1/4 bar paraffin*

Mix first 6 ingredients and shape into logs or any shape you care to make. Put them on waxed paper on a cookie sheet. Chill several hours or overnight.

Melt the chocolate chips and paraffin; dip cookies in chocolate, then in ice water. Remove and chill on waxed paper. Yield: Approximately 50 cookies.

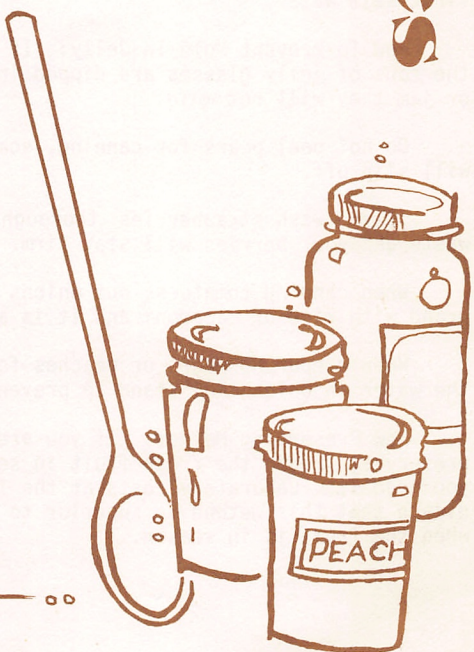
*Paraffin is a hardener for the chocolate and is used in candy making.

Barb Hameder, Newcomers
President 1979-80

** EXTRA RECIPES **

** EXTRA RECIPES **

Relishes, Jellies & Pickles





CANNING

When making jelly and jam hang a piece of string over the edge of the glass before pouring in paraffin. This makes it easier to remove paraffin when opened for table use.

Jam or jelly that is hard or sugary will be like new if you leave it in a warm oven until the sugar softens.

Add two tablespoons vinegar when canning strawberries, this will retain the red color of the berries.

You can make jelly much clearer and more attractive looking by straining the fruit and juice through a flour sifter. It saves a lot of time and effort too.

To prevent jam from burning, rub the bottom of preserving pan with a little oil. It prevents burning.

To keep dill pickles crisp, add a teaspoon of alum to the liquid when pickles are canned.

Use only sack salt for pickles and kraut because other salt has been treated, thus will soften, discolor, and give unpleasant taste.

To keep pickles from shriveling add one heaping tablespoon of alum to first salt water.

How To Prevent Mold In Jelly: If circles of tissue paper the size of the tops of jelly glasses are dipped in vinegar and placed on top of jelly or jam they will not mold.

Do not peel pears for canning, scald as you do tomatoes and the skins will slip off.

If you wash strawberries thoroughly before stemming there will be no waste and your berries will stay firm.

When canning tomatoes, put onions and peppers in with them. This is grand with rice or macaroni and it is all ready to use.

When preparing pears or peaches for canning add a teaspoon salt to the water in which they stand to prevent them from turning brown.

New Preserving Method: If you are interested in "extra-special" preserves, freeze the fresh fruit in season and make it into preserves as you need it. Laboratory tests at the Illinois College of Agriculture indicate that this method is superior to the old one of making the preserves when the fruit is in season.

RELISHES, JELLIES & PICKLES

CARROT-CUCUMBER RELISH

4-6 unpared cucumbers, coarsely ground (3 1/2 c.)	2 medium onions, coarsely ground (1 c.)
6 medium carrots, coarsely ground (1 1/2 c.)	2 Tbsp. salt
	2 1/2 c. sugar
	1 1/2 c. vinegar
	1 1/2 tsp. celery seed
	1 1/2 tsp. mustard seed

Combine ground vegetables and stir in salt; let stand 3 hours or overnight. Drain.

Combine remaining ingredients and bring to a boil. Add vegetables and simmer, uncovered, 20 minutes. Seal in sterilized jars. Chill before serving. Makes 2 1/2 pints.

Kathy Thornley

APRICOT MARMALADE

1 lb. dried apricots	2 (No. 2) cans crushed pine-
2 medium oranges	apple
	5 lb. sugar

Soak apricots overnight in enough water to cover. Next morning, press liquid from apricots and reserve. Put apricots through food grinder along with juice and pulp of oranges and the peel of only one of them. Add apricot liquid and put the above into a large cooking container. Add the pineapple (juice and all) and sugar. Mix thoroughly. Bring ingredients to a boil; stir constantly as it sticks easily. Let boil hard 30 to 40 minutes. Seal in small jars. Makes about 8 pints. Makes a lovely Christmas present.

Jeanne Metzger

CITRUS MARMALADE

1 large grapefruit sugar	2 large oranges
	1 large lemon

(Continued on Page 6)

CITRUS MARMALADE (Continued)

Remove seeds and cut whole fruit into fine slivers. Add 3 quarts water and soak 24 hours. Cook mixture 15 minutes from the start of the boiling point. Let stand 24 hours. Measure fruit and equal amount of sugar less 1 cup. Combine and let stand 24 hours. Cook until syrup drops heavily off spoon. Time varies, but do not overcook or it will turn to sugar. Boil slowly 30 minutes to 1 hour. Make sure it does not stick. Seal in sterilized jars. Do not double recipe!

Jeanne Metzger

BAKED ORANGE PEACH JAM

2 qt. sliced peaches	1 1/2 lemons, unpeeled
3 medium oranges, unpeeled	2 qt. sugar

Cut oranges and lemons into pieces; put through food chopper. Peel and slice peaches. Combine fruits and sugar. Spread in shallow pan and bake 2 hours in a slow oven, 325 degrees, stirring occasionally. Can also be cooked on top of stove to a jelly stage. Makes 4 to 6 pints.

Jeanne Metzger

RHUBARB MARMALADE

5 c. cut-up rhubarb	1 1/2 c. drained, crushed
4 c. sugar	pineapple (20 oz. can)
1 small (3 oz.) pkg. strawberry jello	

Combine rhubarb and sugar; stir well until sugar dissolves. Let set 2 hours. Cook rhubarb until clear, approximately 10 minutes. Add strawberry jello and crushed pineapple. Stir well. Put in jars. Refrigerate. Makes approximately 5 jelly glasses. (Must be refrigerated!)

Jean Kohnke

STRAWBERRY RHUBARB JAM

1 lb. rhubarb	5 1/2 c. sugar
1 qt. berries	1 pkg. Sure-Jell fruit pectin

Slice thin (do not peel) red-stalked rhubarb. Crush fully ripe strawberries so that each berry is reduced to a pulp. Measure sugar; set aside. Measure fruit into 8-quart saucepan. Place over high heat and stir until mixture comes to a hard boil. At once, add sugar. Bring to a rolling boil (one that cannot be stirred down). Boil 1 minute, stirring constantly. Remove from heat. Quickly ladle into hot sterile jars, leaving space for paraffin seal. Yield: 7 cups.

Pam Mercado

BEST PICKLES

1 large wide-mouth jar (institution size)	1 1/2 Tbsp. canning salt
8 c. cukes, thin sliced and peeled	1 small lump alum or 1 1/2 tsp. powdered alum
1 c. celery, thin sliced	2 c. sugar
1 green pepper, thin sliced	1 c. white vinegar
1 large onion, thin sliced	1 tsp. celery seed
	1 tsp. mustard seed

In a large bowl, mix cukes, celery, green pepper, onion, salt and alum. Mix well and let stand 1 hour.

Make a syrup of sugar, vinegar, celery seed and mustard seed. Stir well until sugar dissolves. Drain any liquid off cukes; pour liquid from sugar, vinegar, etc. over pickles and refrigerate. Keeps for months.

Jean Kohnke

CRISP CUCUMBER PICKLES

1 1/2 c. cold water	1 1/2 Tbsp. dry onion flakes
1 1/2 c. cider vinegar	3/4 tsp. salt
1 1/2 c. sugar	3/4 tsp. celery seed

(Continued on Page 8)

CRISP CUCUMBER PICKLES (Continued)

1/2 tsp. garlic salt	4 medium cucumbers, washed,
1/2 tsp. onion salt	unpared and cut into 1/4-
1/2 tsp. celery salt	inch slices

Put all ingredients, except cucumbers, into 1/2-gallon jar with cover. Cover and shake until sugar dissolves. Pack cucumbers into jar; cover and refrigerate until ready to use. Pickles are ready to eat as soon as they are chilled but taste better after a few days.

Kriss Simms

PICKLED DILLED GREEN BEANS

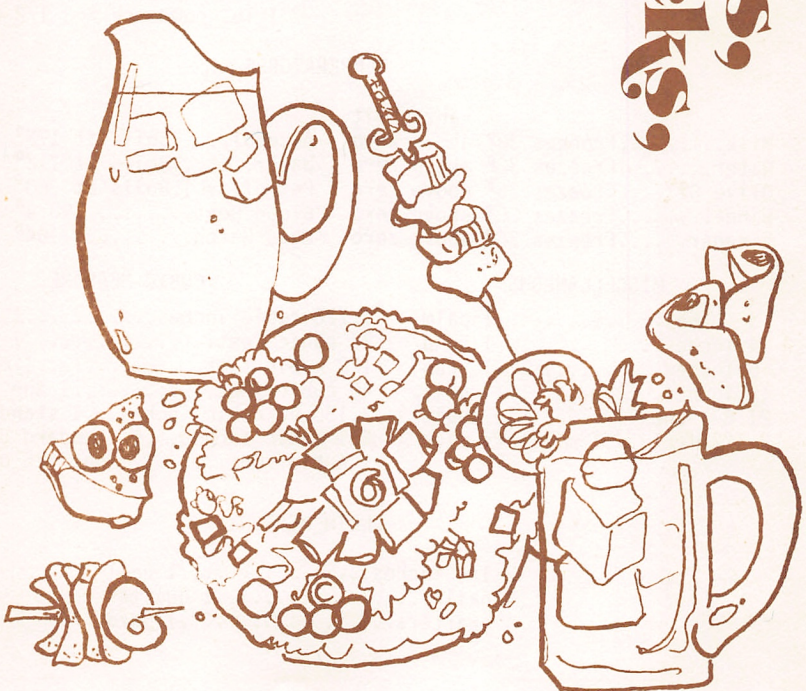
2 lb. tender green beans	2 tsp. mustard seed
cayenne	2 1/2 c. white vinegar
4 cloves garlic, peeled	2 1/2 c. water
2 tsp. dill weed	1/4 c. pure granulated salt

Pack beans in hot jar. To each pint add dash of cayenne, 1 clove garlic, 1/2 teaspoon dill and mustard. Combine vinegar, water and salt; bring to a boil. Pour over beans. Seal and process (hot water bath) for 10 minutes. Makes 4 pints.

Nancy Streiff

PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK

Hors d'oeuvres, Party, TV. Snacks, & Beverages



WEIGHTS AND MEASURES (English System)

BAKING POWDER

1 C. = 5 1/2 oz.

CHEESE, (American)

1 lb. = 2 2/3 C. (cubed)

COCOA

1 lb. = 4 C. (ground)

COFFEE

1 lb. = 5 C. (ground)

CORN MEAL

1 lb. = 3 C.

CORNSTARCH

1 lb. = 3 C.

CRACKER CRUMBS

23 soda crackers = 1 C.
15 graham crackers = 1 C.

EGGS

1 egg = 4 Tbsp. liquid
4 to 5 whole = 1 C.
7 to 9 whites = 1 C.
12 to 14 yolks = 1 C.

FLOUR

1 lb. all-purpose = 4 C.
1 lb. cake = 4 1/2 C.
1 lb. graham = 3 1/2 C.

LEMONS, (juice)

1 medium = 2 to 3 Tbsp.
5 to 8 medium = 1 C.

ORANGES, (juice)

1 medium = 2 to 3 Tbsp.
3 to 4 medium = 1 C.

ORANGES, (rind)

1 = 2 Tbsp. grated

GELATIN

3 1/4 oz. pkg. flavored = 1/2 C.
1/4 oz. pkg. unflavored = 1 Tbsp.

SHORTENING OR BUTTER

1 lb. = 2 C.

SUGAR

1 lb. brown = 2 1/2 C.
1 lb. cube = 96 to 160 cubes
1 lb. granulated = 2 C.
1 lb. powdered = 3 1/2 C.

TEMPERATURES

	Fahrenheit		Fahrenheit
Milk.....Freezes	30° above zero	Alcohol.....Boils at	173° above zero
Water.....Freezes	32° above zero	Water.....Boils at	112° above zero
Olive Oil....Freezes	36° above zero	Petrol(av.)Boils at	360° above zero
WineFreezes	20° above zero	Blood Heat.....	98.4° above zero
Vinegar.....Freezes	28° above zero	Eggs Hatch.....	104° above zero

MISCELLANEOUS

3 inches.....1 palm
4 inches.....1 hand
6 inches.....1 span
18 inches.....1 cubit
21.8 inches....1 Bible cubit
2 1/2 feet....1 military pace

CUBIC MEASURE

1.728 cubic inches.....1 cubic foot
27 cubic feet.....1 cubic yard
128 cubic feet.....1 cord (wood)
40 cubic feet.....1 ton (shipping)
2,150.42 cubic inches...1 standard bushel
231 cubic inches...1 standard U.S. gallon
1 cubic foot.....about 4/5 of a bushel

CLOTH MEASURE

2 1/4 inches.....1 nail
4 nails.....1 quarter
4 quarters.....1 yard

HORS D'OEUVRES,
PARTY, T. V. SNACKS, & BEVERAGES

BACON AND WATER CHESTNUTS

bacon	1 Tbsp. vinegar
whole water chestnuts	3 or 4 drops liquid smoke
1 small bottle ketchup	dash garlic salt
1 c. sugar	dash onion salt
1 c. brown sugar	dash pepper

Cut bacon into thirds. Wrap around chestnuts. Fasten with toothpicks. Put in 400-degree oven until bacon is crisp.

Make sauce with remaining ingredients; heat until warm. Place chestnuts in pan, toothpick up. Pour sauce over, being careful not to get sauce on toothpicks. Keep in 200-degree oven until ready to serve.

Darcy Lake

TINY BEEF BALLS

1 (8 oz.) pkg. cream cheese, softened	1/4 c. chopped onions (fine) 1 pkg. Buddig beef, cut up
--	--

Mix softened cream cheese with chopped onion; roll into tiny balls and roll each one over the cut-up Buddig beef. Put a toothpick in each one and refrigerate 2 hours before serving.

Barb Rozovics

HOLIDAY CHEESE BALL

1 pkg. cream cheese	1 jar Cheddar cheese
1 jar olive-pimento cheese	garlic salt to taste

Mix above ingredients with your hands; form into a ball. Cover it with pimento olives.

Barb Rozovics

CHEDDAR CHEESE APPETIZER BALLS

1/2 c. butter, soft	1 1/4 c. flour
1/2 c. grated Cheddar cheese	1 tsp. salt

Mix butter and cheese; add flour and salt. Roll into small balls. Chill 2 hours. Bake at 400 degrees 12 minutes or until brown.

May be frozen after chilling; bake a little longer.

Kay Ferino

CHEESE AND MUSHROOM CANAPES

1/4 lb. mushrooms	small rounds of bread
1 Tbsp. butter	1 tsp. minced onion
1 (8 oz.) pkg. cream cheese	1 egg yolk
enough cream to soften	salt and pepper

Slice mushrooms in tiny pieces; cook mushrooms in butter for a few minutes. Mix mushrooms with cream cheese, egg yolk, minced onion, salt, pepper and cream. Toast bread on one side, spread untoasted side with butter and mushroom mixture. Refrigerate or freeze. When ready to serve, place under broiler until puffy and brown. Makes 2 1/2 dozen.

Sandy Gatziolis

CHEESY OLIVE APPETIZERS

2 c. shredded Cheddar cheese	1/2 c. butter or margarine
1 1/4 c. flour	about 36 stuffed olives

Mix cheese and flour; add butter and mix thoroughly. Mold 1 teaspoon mixture around each olive. Place on ungreased cookie sheet; cover and chill 1 hour. Bake at 400 degrees 15 minutes.

Sue Hansen

CHEESE PUFFS

day-old sandwich loaf	1/4 lb. sharp Cheddar
1 (3 oz.) pkg. cream	cheese, shredded
cheese	1/2 c. butter
	2 egg whites, stiffly beaten

Make the day before: Trim crusts from bread and cut into 1-inch cubes. Melt cheese and butter in top of a double boiler. Remove from heat and fold in beaten egg whites. Dip bread in mixture with tongs. Place on cookie sheet; refrigerate overnight. Before serving, place in a 400-degree oven 12 to 15 minutes.

Lois Weihs

CHEESE SESAME STICKS

1 c. packed, coarsely	1/2 c. butter or margarine,
shredded sharp	softened
Cheddar cheese	1/2 c. (2 1/4 oz. can)
(about 4 oz.)	sesame seed, toasted
1 1/2 c. flour	

Combine cheese, flour and butter; work with hands to form stiff dough. Shape into 1 1/2-inch thick log and cut crosswise in 1/4-inch slices. With hands, roll slices of dough in 5- to 6-inch sticks. Then roll in sesame seed. Bake on greased cookie sheets in preheated oven at 350 degrees 15 minutes or until golden brown and crisp. Cool on rack. Store airtight in cool, dry place about 3 weeks. Makes about 3 dozen.

Lynn Lorenz

CLAM PUFFS

1 (8 oz.) can chopped	1/4 tsp. salt
clams	1 c. flour
1/2 c. butter	4 eggs
1 tsp. dill weed	

(Continued on Page 12)

CLAM PUFFS (Continued)

Drain clams; save liquid and add water to make 1 cup. Add butter, dill and salt; bring to full boil. Add flour slowly and stir constantly until mixture leaves sides of pan, approximately 1 minute. Remove from heat; add 1 egg at a time, beating hard. Stir in clams. Drop on greased cookie sheets with a teaspoon 2 inches apart. Bake at 450 degrees for 10 minutes; reduce heat to 350 degrees for 10 minutes longer. Serve warm. Makes 6 dozen puffs. Can be frozen 2 months.

Carole Siragusa

COCONUT HORS D'OEUVRES

1 (8 oz.) pkg. cream
cheese at room
temperature

1 1/2 Tbsp. chopped chutney
1 tsp. curry powder
salt to taste

Mix all ingredients and shape into little balls. Chill. Roll in chopped coconut and chill. Makes 2 dozen.

Pat Hraba

CRAB-CHILI SPREAD

16 oz. soft cream cheese
2 Tbsp. Worcestershire
sauce
1 Tbsp. lemon juice
1 heaping Tbsp. mayon-
naise

1 small onion, minced
1 dash onion salt
1 dash garlic salt
1 (7 oz.) bottle chili sauce
1 can crabmeat

Combine first 7 ingredients; make a ball and chill. When about ready to serve, pour over chili sauce and flake crabmeat on top. Serve with party-sized cocktail bread or crackers.

Kathy Thornley

CRABMEAT APPETIZERS

1 can crabmeat (or 1
pkg. frozen crabmeat)
1 stick margarine,
softened

1 (8 oz.) pkg. cream cheese,
softened
1 Tbsp. lemon juice
dash garlic powder

Combine all ingredients; spread on English muffins which have been quartered. Sprinkle with paprika and place under broiler until hot and bubbly.

Bo Wardrope

CRABMEAT PIE SPREAD

2 (8 oz.) pkg. cream
cheese
1 tsp. lemon juice
1/2 (12 oz.) bottle chili
sauce or cocktail sauce (I prefer cocktail sauce)

1 Tbsp. plus 2 tsp.
Worcestershire sauce
pinch garlic salt
1 can crabmeat

Soften cream cheese and mix in Worcestershire sauce, lemon juice and salt. Spread in 9-inch pie plate. Over this, sprinkle crabmeat (which has been picked over for cartilage and flaked). Spread the cocktail sauce over this. Cover with Saran and refrigerate. Remove from refrigerator about 1/2 hour before serving. Surround with crackers and provide knife to spread mixture.

Kriss Simms

CRAB PUFFS

1 pkg. Wakefield crab
or crab and shrimp
1 large pkg. cream
cheese

Debbie Talaga
1/2 stick butter or margarine
1 pkg. Pepperidge Farm
party rolls, each roll cut
in half

Have all ingredients at room temperature; mix all well. Spread on halved rolls; put in oven at 350 degrees until rolls are crisp, approximately 15 minutes. You can put under broiler to brown tops. May be made ahead and kept in a cool place.

CRAB SPREAD SUPREME

(One appetizer ball)

- | | |
|--|--|
| 1 (7 1/2 oz.) can king crab or 1 (6-8 oz.) pkg. frozen king crab | 1 (8 oz.) pkg. cream cheese, softened
1/3 c. cocktail sauce |
|--|--|

Drain canned crab or thaw and drain frozen crab. Combine crab and cream cheese, mixing thoroughly. Place crab mixture in small round bowl lined with waxed paper or plastic wrap. Chill until firm. Unmold on serving tray. Pour cocktail sauce over crab spread. Serve with crisp crackers.

Cherrie Labunski

CREAM CHEESE APPETIZER SPREAD

- | | |
|-------------------------------|---|
| 1 (8 oz.) pkg. cream cheese | 4 Tbsp. mayonnaise |
| 1 small can chopped mushrooms | 2 Tbsp. grated Parmesan or Romano cheese
chopped bacon |

Mix all ingredients; spread on buttered squares or triangles of bread or on cocktail rye. Bake at 375 degrees 6 minutes. Serve hot!

Vana Kikos

CREAMY HORS D'OEUVRES

Cathy Bloss

- | | |
|-----------------------------|--------------------------------|
| 1 (8 oz.) pkg. cream cheese | 1/8 tsp. (or more) garlic salt |
| 3 egg yolks | 1 small can mushrooms, chopped |
| 1/2 stick butter | 12-13 slices bread |

Melt butter. Mix together butter, cream cheese, egg yolks and garlic salt with electric mixer; beat until smooth. Mix in mushrooms and refrigerate mixture for a few hours. Cut out 50 bread rounds (about 4 rounds per slice). Butter one side of rounds and broil until lightly toasted. Spread mixture on other sides; broil until mixture puffs up and is lightly browned. Serve immediately.

CREAM OF LEEK DIP

1 pkg. Knorr's cream
of leek soup mix
16 oz. sour cream

1 (4 oz.) pkg. shredded
Cheddar cheese

Combine all ingredients and refrigerate 2 hours before serving. Delicious with snack crackers or chips.

For a spicy variation, substitute Cheddar cheese with a 4-ounce package of taco cheese.

Pam Strewe

CREAMY CLAM DIP

1 can minced clams,
drained (reserve
3 Tbsp. clam juice)

1 (8 oz.) pkg. cream cheese,
softened
2-3 green onions, chopped

Combine all ingredients by hand or in blender or food processor.

Serve in green pepper shell or bowl surrounded by crackers or several types of vegetables. Makes 1 1/2 cups. May be doubled.

Vana Kikos

CURRY DIP

1 c. mayonnaise
1 c. sour cream
1 Tbsp. minced green
onion
1 1/4 Tbsp. minced parsley

1 1/4 tsp. dry dill
1 1/2 tsp. Beau Monde
seasoning
2/3 tsp. curry powder

Blend all ingredients. Serve as dip with raw vegetables such as zucchini, cauliflower, celery, etc. Make same day as served.

Barb Hameder

DILL DIP

- | | |
|---------------------------------------|--|
| 1 (8 oz.) pkg. cream
cheese | 2 tsp. dill weed (not seed) |
| 1/2 c. Hellmann's
mayonnaise | 2 tsp. Beau Monde seasoning
(Spice Islands) |
| green onions, tops and
all, minced | 2 tsp. chopped fresh or dry
parsley |

Combine all ingredients and place in covered bowl in refrigerator. Serve chilled with strips of green pepper, carrots, zucchini and celery, cauliflower and cherry tomatoes or any other raw vegetable preferred.

Dip is better if made ahead of time and left to marinate.

Karen Barba

MEXICAN CHEESE DIP

- | | |
|------------------------|--|
| 1 lb. Velveeta cheese | 1 small can mild green
chilies, chopped |
| 1 can chili (no beans) | 4 green onions, chopped |

Slice cheese and mix all ingredients. Bake approximately 1 hour at 275 degrees in casserole dish with cover. Serve hot with Fritos or taco chips.

Kathy Bisek

RYE BREAD AND DIP

- | | |
|--------------------------|---|
| 2 c. mayonnaise | 3 Tbsp. parsley flakes |
| 2 c. sour cream | 1 tsp. garlic powder |
| 1 Tbsp. Beau Monde | 2 lb. round rye bread (Rosen;
also Thompson's will make
it for you) |
| 1 1/2 tsp. dill weed | |
| 3 Tbsp. dry minced onion | |

Mix together all ingredients except bread.

Cut off top of bread, not too far down; shell out the center of bread so that only about 1/2 inch of bread remains on crust. Cube the bread that was scooped out; also the crust into pieces large enough to be dipped with fingers. Fill

RYE BREAD AND DIP (Continued)

the bread shell with dip mixture. Wrap in foil and refrigerate for several hours or overnight.

Put bread cubes in plastic bag until ready to serve. Arrange bread cubes around bread shell and dip. Use fingers to dip bread cubes in dip.

Fresh vegetables are also good for dipping.

Helen Vukadinovich

"SKOOSH" DIP FOR FRESH VEGETABLES

3 oz. cream cheese

1 tsp. parsley

3 tsp. oil

1 clove garlic, minced

1 oz. Bleu cheese

Combine ingredients. Add more liquid (like water or white wine) if you prefer it thinner. Serve with fresh vegetables.

Phyllis Parker

SPINACH DIP

10 oz. frozen spinach,
defrosted, drained
and patted with paper
towel

2 c. mayonnaise

1/2 tsp. salt

1/2 tsp. pepper

1/2 c. parsley, chopped

1/4-1/2 c. green onions,
sliced with tops (according
to taste)

Mix all ingredients and refrigerate for several hours or overnight. Serve with potato chips or fresh vegetables.

Lois Weihs

VEGETABLE DIP

2/3 c. mayonnaise

2/3 c. sour cream

1 Tbsp. green onion,
finely chopped

1 Tbsp. parsley, finely
chopped

1 tsp. seasoned salt

1 tsp. dill weed

(Continued on Page 18)

VEGETABLE DIP (Continued)

Mix all ingredients. Refrigerate overnight, covered. Serve with celery, cauliflower, green pepper, mushrooms, carrots, broccoli, etc.

Ruthanne Orsini

VEGETABLE DIP

2 c. sour cream	Parmesan cheese to taste
1 pkg. Knorr's vegetable soup mix	

Mix ingredients together; refrigerate at least 3 hours before serving. Serve with an array of fresh vegetables or potato chips.

Annette Rafferty

VEGETABLE DIP

1 c. small curd cottage cheese	1 Tbsp. parsley, chopped fine
1/2 c. sour cream	1 small piece garlic, minced
1 c. mayonnaise	1/2 Tbsp. Worcestershire sauce
2 Tbsp. chives, chopped fine	1/4 tsp. Tabasco sauce

Combine and chill several hours or overnight. Serves 8 to 10.

Luan Zoellner

EGG SPREAD

4 hard-boiled eggs	1 small pkg. cream cheese, softened
1 pkg. George Washington Golden seasoning	2 Tbsp. mayonnaise
	minced onion to taste

Blend cream cheese and mayonnaise with onion and seasoning mix. Add chopped eggs. Refrigerate at least 3 hours before serving. Serve with crackers, cocktail rye.

Annette Rafferty

COLD EGGPLANT APPETIZER

1 small eggplant	1/4 tsp. oregano
1 clove garlic, minced	1/2 tsp. salt
2 Tbsp. chopped capers	1/8 tsp. pepper
2 Tbsp. chopped parsley	1/3 c. oil
1/8 tsp. powdered dill	1/3 c. vinegar or wine

Cook eggplant in boiling salted water about 20 minutes or until tender. Drain and cool. Peel and cut up in 2-inch lengths. Add remaining ingredients, mix, cover tightly and refrigerate for a couple of hours before serving. Makes about 1 pint.

Gerda Weitzel

BROCCOLI FONDUE

1 pkg. frozen chopped broccoli	1 can cream of mushroom soup
1 small can mushrooms, diced	2 pkg. garlic cheese tube
3-4 Tbsp. minced onion	2 pkg. Cheddar cheese tube or 1 small Velveeta cheese
	few drops Tabasco sauce

Cook broccoli. Saute mushrooms and onion. Melt down cheeses and combine all ingredients. Serve with French bread, Doritos, Fritos.

Annette Rafferty

CHEESE FONDUE

2 garlic cheese tubes	3 Tbsp. cooking wine or sherry
1 can cream of mushroom soup	2 Tbsp. Worcestershire sauce
drops Tabasco sauce to taste	

Melt all ingredients together. Serve with Doritos, Fritos, French bread or chips.

Annette Rafferty

HOT HORS D'OEUVRES

1/2 c. mayonnaise
1/4 c. finely chopped
onion

2 Tbsp. parsley flakes
Swiss cheese
party rye bread

Combine mayonnaise, onion and parsley flakes. Spread on bread. Place a slice of cheese on each slice of bread. Broil on top rack about 2-3 minutes until cheese puffs. Makes about 28 slices.

Pam Russell

SWEDISH MEAT BALLS

1 lb. ground beef
1/4 c. fine dry bread
crumbs
1/4 c. finely chopped
onion
1 egg, slightly beaten
1 small clove garlic,
minced

1 Tbsp. shortening
1 can golden mushroom soup
1/2 c. drained, chopped
tomatoes
2 Tbsp. vinegar
2 Tbsp. brown sugar
2 tsp. soy sauce
dash pepper

Mix together beef, bread crumbs, onion, egg and garlic; shape into 16 meat balls. Brown meat balls and pour off fat. Mix rest of ingredients and add to meat balls in the frypan. Cover and cook over low heat 20 minutes or until done, stirring occasionally. Makes 16 meat balls.

Ruthanne Orsini

SWEET AND SOUR MEAT BALLS

Sauce:

1 (12 oz.) bottle chili
sauce (Reese)

1 (10 oz.) jar grape jelly
juice of 1 lemon

Meat Balls:

2 lb. ground beef
1 onion, minced

salt and pepper to taste

SWEET AND SOUR MEAT BALLS (Continued)

Simmer chili sauce, jelly and lemon juice together for 15 minutes.

Combine ground beef, onion, salt and pepper; form into small meat balls. Drop into the simmering sauce and cook about 30 to 45 minutes. Serves 8 to 10.

Luan Zoellner

BROILED MUSHROOMS

3 slices bacon

2 doz. mushrooms

5 Tbsp. butter

1/4 c. chopped onion

6 Tbsp. grated Parmesan
cheese

3 Tbsp. fine bread crumbs

Cut bacon in small strips and set aside. Clean, but do not slice, the mushrooms. Remove stems; set caps aside. Chop stems finely. Melt butter in skillet over low flame; add chopped stems and onion; cook about 5 minutes. Blend stem-onion mixture with Parmesan cheese and bread crumbs. Set mixture aside.

Add caps to skillet and cook slowly, turning occasionally. Add butter if necessary. Cook until caps are lightly browned and tender. Remove from skillet. Fill caps with mixture and set on baking sheet. Top with bacon strips and broil until bacon is browned. Serve immediately.

Sandy Gatziolis

STUFFED MUSHROOMS

1 lb. fresh mushrooms

1/2-3/4 lb. pork sausage

1/4 c. diced onion

1 tsp. garlic powder

2 Tbsp. parsley

salt and pepper to taste
mushroom stems, diced up

1/4 c. bread crumbs

1/4-1/2 c. Parmesan cheese

Wash mushrooms; remove stems from caps. Place caps upside down on paper towel to drain. Dice up stems; set aside. Fry sausage in skillet; add onion, garlic powder,

(Continued on Page 22)

STUFFED MUSHROOMS (Continued)

parsley, salt, pepper and mushroom stems. Cover and fry with a small amount of water until tender, about 15 to 20 minutes. In a bowl, add bread crumbs and cheese to sausage mixture; mix together and stuff into mushroom caps. Place on cookie sheet. Heat in a 350-degree oven until brown juice comes out of caps.

Marlene Brown

PINE CONES

8 oz. cream cheese	pecan halves
8 oz. Blue cheese	1/2 c. sherry
3 Tbsp. minced onion	dash hot pepper sauce
1 Tbsp. sour cream	8 oz. liverwurst
16 oz. sharp Cheddar cheese	1/4 tsp. Worcestershire sauce

Mix softened cream cheese, Blue cheese and 2 tablespoons minced onion. Set this mixture in refrigerator to firm up.

Next, beat with mixer the 1 tablespoon onion, sour cream, liverwurst, Tabasco sauce and Worcestershire sauce. Put this mixture in refrigerator to harden.

With electric mixer, mix softened sharp cheese with sherry (add milk if hard to mix).

Form cream cheese mixture into 2 balls (or 1 large ball) in shape of pine cones. Frost this mix with liverwurst mix. Put this in refrigerator to harden. Then frost this with cheese mix. Stud with pecans.

Jean Johnson

REFRESHING SUMMER APPETIZER

1 c. sugar	1 (6 oz.) can orange juice
2 Tbsp. cornstarch	concentrate
1/4 tsp. salt	1/4 c. lemon juice
3/4 c. water	1/2 tsp. grated orange peel
1/2 tsp. grated lemon peel	various fresh fruits*

REFRESHING SUMMER APPETIZER (Continued)

*Pineapple, oranges, grapefruit, bananas, strawberries, grapes, melon.

In saucepan, stir together sugar, cornstarch and salt. Blend in water and juices. Cook, stirring constantly, until mixture boils. Boil 1 minute while stirring. Add grated peels. Serve warm or cold.

Slice various fresh fruits. Dip fresh fruits in the orange sauce. Best chilled in summer.

This is also nice during holidays - colorful. Serve sauce warm then.

Pat Hraba

BABY REUBENS

1 loaf cocktail rye
bread
mustard
packaged sauerkraut

1 pkg. Buddig corned beef,
chopped
small pieces Swiss cheese

On each rye bread, put mustard, a little sauerkraut, corned beef and top with Swiss cheese. Bake at 400 degrees 5 minutes or until cheese melts.

Barb Rozovics

SALMON APPETIZER BALLS

2 eggs	1/2 tsp. salt
2 c. mashed potatoes	1/4 tsp. pepper
1 c. corn flakes, crushed	1/3 c. water cooking oil
1 (15 1/2 oz.) can (2 c.) salmon, flaked	

Beat 1 egg slightly and add potatoes, parsley, salmon, salt and pepper; blend well and form into 1-inch balls. Coat in flour. Beat remaining egg and water; dip balls in egg, then into crumbs. Fry in oil until golden brown. Drain. Makes 60-70 balls. Can be frozen up to 2 months.

Carole Siragusa

SALMON PARTY LOG

- | | |
|--|-----------------------------|
| 1 (16 oz.) can salmon
(2 c.) | 2 tsp. grated onion |
| 1 (8 oz.) pkg. cream
cheese, softened | 1 tsp. prepared horseradish |
| 1 Tbsp. lemon juice | 1/4 tsp. salt |
| | 1/2 c. chopped pecans |
| | 3 Tbsp. snipped parsley |

Drain and flake salmon, removing any skin and bones. Combine salmon, cream cheese, lemon juice, onion, horseradish and salt; mix thoroughly. Chill several hours. Combine pecans and parsley. Shape salmon mixture into 2 small logs; roll in nut mixture. Chill well. Serve with crackers.

Kriss Simms

SHRIMP APPETIZER MOLD

- | | |
|---------------------------------|--|
| 8 oz. cream cheese,
softened | 1/2 c. finely chopped celery |
| 1 c. mayonnaise | 1 can shrimp, deveined,
drained and mashed |
| 1 can tomato soup,
undiluted | 1 1/2 pkg. Knox gelatin dis-
solved in 1/4 c. hot water |
| 1 bunch green onions, chopped | |

Combine first 3 ingredients over low heat until blended. Add onions, celery and shrimp. Add dissolved gelatin. Pour into medium-sized jello mold, well greased with mayonnaise. Refrigerate 8 hours or longer. Serve with crackers.

Vana Kikos

SHRIMP BALL

- | | |
|---------------------------|---------------------------------------|
| 1 can whole shrimp | 1/4 tsp. celery salt |
| 1 large pkg. cream cheese | 1 tsp. lemon juice |
| 1 tsp. garlic salt | 2 tsp. cocktail sauce for
coloring |
| 1 diced onion | |

Mix all ingredients and roll into ball.

Sue Hansen

SHRIMP SPREAD

- | | |
|--|--|
| 1 (4 1/2 oz.) can shrimp,
drained, washed and
chopped finely | 1/2 pt. sour cream
2 tsp. lemon juice
1 small pkg. Good Seasons
Italian mix |
| 8 oz. cream cheese,
softened | |

Mix all thoroughly and store in refrigerator several hours. Serve with crackers or cocktail rye.

Annette Rafferty

SPINACH CHEESE APPETIZER

- | | |
|---------------------|-------------------------------|
| 1/2 stick margarine | 1 tsp. baking soda |
| 3 eggs | 1 lb. Monterey Jack
cheese |
| 1 c. flour | 4 boxes leaf spinach |
| 1 c. milk | |
| 1 tsp. salt | |

Cook spinach. Drain and squeeze out water. Chop spinach. Melt margarine in 9 x 13-inch pan. Beat eggs; add flour, milk, salt and baking powder. Grate cheese. Add cheese and spinach to egg mixture. Pour into pan with butter. Bake at 350 degrees for 35 minutes. Cool. Cut into 1-inch squares. Serve hot. Can be frozen. To reheat, thaw and heat at 325 degrees for 12-15 minutes. (Can make 1/2 recipe in a 9-inch square pan and use 2 eggs.)

Karen McDowell

PARTY TURNOVER APPETIZERS

Sue Hansen

- | | |
|------------------------------|---|
| 1 envelope onion soup
mix | 1 c. shredded Cheddar cheese
3 pkg. refrigerated crescent
rolls |
| 1 lb. ground beef | |

In medium skillet, combine onion soup and ground beef; brown well. Blend in cheese. Unroll crescents and cut each triangle in half; place spoonful of mixture in each triangle. Fold over; seal edges. Place on ungreased cookie sheet. Bake at 375 degrees for 15 minutes.

ZUCCHINI APPETIZERS

3 c. thin sliced zucchini (about 4)	1/2 tsp. seasoned salt
1 c. Bisquick	1/2 tsp. marjoram or oregano
1/2 c. chopped onion	dash pepper
1/2 c. Parmesan cheese	1 clove garlic
2 Tbsp. parsley	1/2 c. oil
1/2 tsp. salt	4 eggs, beaten

Heat oven to 350 degrees. Grease 9 x 13-inch pan.
Mix all ingredients and spread in pan. Bake 25 minutes.
Cut into 1 x 2-inch squares. Makes 4 dozen.

Pam Russell

CARAMEL CORN

8-9 qt. popped corn	1/2 c. white Karo syrup
2 c. brown sugar	1 tsp. vanilla
1 c. margarine	1/2 tsp. soda
1 tsp. salt	peanuts

Prepare popcorn. Mix sugar, margarine, salt, syrup and vanilla; boil 6 minutes. Add soda and peanuts. Stir in quickly with corn and mix well. Place in 2 large cookie sheet pans and place in 250-degree oven for 1 hour. Stir 2 or 3 times while in oven. Store in tightly covered container.

Kay Ferino

FROZEN STRAWBERRY DAIQUIRI

1 (10 oz.) pkg. frozen sliced strawberries	1 mix can of light rum
1 (6 oz.) can frozen Daiquiri mix (or use dry mix)	3 c. ice cubes

Thaw strawberries enough to cut the block into cubes. In blender container, place strawberry cubes, frozen Daiquiri mix and rum. Cover and blend. While blender is running, add ice cubes, a few at a time, blending until ice is melted. Pour into 2 refrigerator trays or 1/2-gallon plastic container. Cover and freeze several hours or overnight (the

FROZEN STRAWBERRY DAIQUIRI (Continued)

mixture will not freeze firm).

To serve, spoon into cocktail or sherbet glasses. Garnish with whole fresh strawberries, if desired. Store any unused portion in covered container in freezer. Makes 5 cups.

Annette Rafferty

GRAPE FROTHY

- | | |
|--|---|
| 1 c. milk | 4 egg whites (1/2 c.) |
| 1 (6 oz.) can frozen
grape juice con-
centrate | 1/4 c. water
1/4 c. sugar
8 or 9 ice cubes (2 c.) |

In blender container, place milk, grape concentrate, egg whites, water and sugar. Cover, turn on high and add ice cubes, one at a time, blending just until chopped. Makes 4 servings.

Lynn Lorenz

HOT CIDER

- | | |
|-----------------------|---------------------------|
| 1/2 gal. apple cider | 1 tsp. whole cloves |
| 1/2 c. brown sugar | 1 (3-inch) stick cinnamon |
| 1/4 tsp. salt | 1 dash nutmeg |
| 1 tsp. whole allspice | |

Put spices in small cheesecloth bag; simmer with cider, sugar and salt for 20 minutes. Remove spice bag and serve hot. Serves 10.

Luan Zoellner

APRICOT SWIZZLE

- | | |
|---|---|
| 4 tsp. instant tea | 1 (6 oz.) can frozen lemonade
concentrate, thawed (2/3 c.) |
| 1/4 c. sugar | 1 (1 pt. 12 oz.) bottle ginger
ale, chilled (3 1/2 c.) |
| 1 (12 oz.) can apricot
nectar (1 1/2 c.) | (Continued on Page 28) |
| 1/2 tsp. bitters | |

APRICOT SWIZZLE (Continued)

Mix tea, sugar, nectar, bitters and 2 cups cold water; stir until sugar dissolves. Just before serving, add concentrate and several ice cubes. Stir. Slowly add ginger ale; mix gently. Makes 8 servings.

Lynn Lorenz

BRANDY FRUIT PUNCH

12 oz. frozen orange juice	2 fresh limes, thin slices
12 oz. frozen lemonade	2 qt. 7-Up
1 large can crushed pineapple with juice	ice
2 (10-12 oz.) pkg. frozen strawberries	1 bottle brandy

Shortly before serving, combine all ingredients in a large 6- or 7-quart bowl. Stir well. Makes about 50 to 60 punch cups.

Lois Weihs

CHAMPAGNE PUNCH

8 oz. vodka	2 qt. regular (not dry) ginger ale
8 oz. apricot brandy	
2 fifths Andre champagne	

Freeze bottle of maraschino cherries in ring mold. Mix all ingredients; add frozen ring mold. Serves 25.

Pam Russell

HONEY CREEPER PUNCH

1 (46 oz.) can tropical fruit punch	light rum to taste
1 (6 oz.) can frozen orange juice concentrate	ice
1 can frozen limeade and/or lemonade concentrate	orange slices
	lemon slices
	lime slices

Dilute frozen concentrates per directions. Add fruit

HONEY CREEPER PUNCH (Continued)

punch and rum. Makes approximately 2 1/2 quarts. Float fruit slices on top.

Karen Barba

HOT SPICED CRANBERRY PUNCH

1 qt. cider or apple juice	1 (3-inch) stick cinnamon
1 qt. cran-apple juice	4 whole allspice
6 cloves	1/2 c. brown sugar or less

Mix all ingredients in pan and heat. Taste and add more sugar if needed. Serve hot.

Pat Hraba

LIME BOWL

2 (6 oz.) cans frozen Daiquiri mix, thawed	1 pt. lime sherbet
1 c. water	ice cubes
1/2 c. light rum	1 (1 qt.) bottle lemon-lime soda

Mix Daiquiri mix with water. Pour into punch bowl with rum. Add scoops of lime sherbet, ice and soda. Makes about twenty-five 1/2-cup servings.

Lois Weihs

STRAWBERRY PUNCH

1 bottle sparkling Burgundy	1 tsp. lime rind
1 bottle dry champagne	juice of 1 lime
1 bottle Sauterne	1 pkg. frozen strawberries

Simmer lime rind, lime juice and strawberries for 10 minutes. After simmering, put through sieve and pour over ice; then add liquor.

Lois Weihs

"WEDDING" PUNCH

- | | |
|-------------------------------------|--------------------------------|
| 4 pkg. Kool-Aid | 1 (46 oz.) can pineapple juice |
| 1 medium can frozen
orange juice | 1 gal. water |
| 1 c. sugar | 1 orange, sliced thin |
| | 7-Up |

Mix first 5 ingredients together in large bowl; add 7-Up to taste. Garnish with orange slices.

Joyce Caito

WHISKEY-SOUR PUNCH

- | | |
|--|--|
| 1 small orange | 1 fifth rye, bourbon or Scotch
whiskey, chilled |
| 3 (6 oz.) cans frozen
lemonade concentrate,
thawed | 1 (32 oz.) bottle club soda,
chilled |
| 3 c. orange juice | 2 trays ice cubes |

About 25 minutes before serving, prepare garnish: Thinly slice orange; discard ends. With sharp knife, flute edges of slices; set aside.

In punch bowl, combine undiluted lemonade concentrate and remaining ingredients. Mix well. Garnish with orange slices. Makes thirty-two 1/2-cup servings.

Barb Rozovics

WHISKEY SOUR SLUSH PUNCH

- | | |
|---|------------------------------|
| 8 (16 oz.) bottles 7-Up | 1 fifth Early Times |
| 1 qt. orange juice | 1 bottle maraschino cherries |
| 1 bottle Holland House whiskey sour mix | |

Mix all ingredients and put into freezer. Stir after 4 hours and freeze overnight.

Take out about 1 1/2 to 2 hours before serving. Spoon into glasses. Leftovers may be refrozen.

Jane Koszewski

SANGRIA

1 gal. Gallo Burgundy	8 oz. Realemon juice
6 oz. orange juice	1 1/2 c. sugar
concentrate	1/2 qt. club soda

Mix together in a punch bowl. Add slices of orange and lemon.

Pat Demonte

WHITE SANGRIA

1 large orange	1/2 c. granulated sugar
1 large lemon	1 c. vodka (optional)
1 lime	1 qt. club soda
2 (3-inch) cinnamon sticks	2 fifths dry white wine
1 c. brandy or orange liqueur	

Slice fruit thin and remove seeds; place in a small bowl with cinnamon and pour brandy over them. Cover and refrigerate at least 4 hours (12 hours is better).

Pour wine into a small glass punch bowl or large pitcher and stir in sugar and the fruit-brandiy mixture. Chill 2 hours or longer. Just before serving, remove cinnamon. Add vodka, if desired, and the soda. Makes twenty or twenty-four 4-ounce servings.

Pat Demonte

SLUSH

2 c. sugar	1 (12 oz.) can frozen orange
7 c. water	juice
4 tea bags (green)	2 c. vodka (or gin)
2 c. boiling water	ginger ale
1 (12 oz.) can frozen lemonade	

Boil sugar and 7 cups water. Pour the boiling water over tea bags and mix all ingredients together. Freeze for 2 days, stirring often. When ready to serve, fill glass 1/2 full with Slush and fill with ginger ale. Garnish with cherry.

Darcy Lake

RUSSIAN TEA

1 c. instant tea (plain)	1/2 c. sugar
3/4 c. Tang	1 tsp. cinnamon
1 pkg. lemonade mix	3/4 tsp. ground cloves
(Kool-Aid, no sugar)	

Mix. Use as instant tea with boiling water.

Kathy Thornley

SPICE TEA

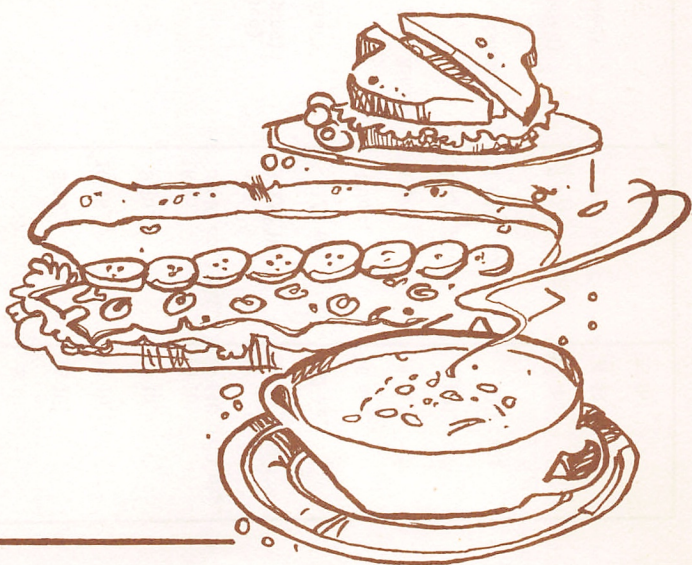
6 c. water	1/2 c. sugar
1/2 tsp. whole cloves	3/4 c. orange juice
1/2 tsp. whole allspice	1/8 c. lemon juice
1 piece stick cinnamon	2 tea bags

Simmer water and spices 10 minutes. Add tea and steep 5 to 10 minutes. Add orange juice, lemon juice and sugar. Serves 6. Yummy!

Luan Zoellner

** EXTRA RECIPE **

Soups & Sandwiches



QUANTITY COOKING

	25	100		25	100
Beef and veal (roasted)	10 lb.	40 lb.	Ice cream	3 qt.	3 gal.
Beans, baked (canned) (dried navy beans)	1 #10 can 2 1/4 lb.	4 #10 cans 11 lb.	Jam or preserves	1 1/2 pt.	3 qt.
Beans, string (fresh) (canned) (frozen)	5 lb. 1 #10 can 3 (40 oz.) pkg.	18 lb. 4 #10 cans 10 (40 oz.) pkg.	Lettuce (large heads for salad cups)	4 heads	12 heads
Beets (fresh) (canned)	5 lb. 1 #10 can	20 lb. 4 #10 cans	Loaf sugar	1/2 lb.	2 lb.
Butter (in squares)	1/2 lb.	2 lb.	Meat loaf	5 lb.	18 lb.
Cabbage (shredded for salad)	5 lb.	20 lb.	Rib Roast	10 lb.	36 lb.
Carrots (cooked)	6 lb.	24 lb.	Veal Cutlets	9 lb.	30 lb.
Cocktail	3/4 gal.	3 gal.	Peas (fresh) (frozen)	18 lb. 3 (40 oz.) pkg.	70 lb. 10 (40 oz.) pkg.
Coffee	1/2 to 3/4 lb.	2 to 2 1/2 lb.	Potatoes (mashed) (for scalloping)	9 lb. 7 1/2 lb.	25 to 35 lb. 25 to 35 lb.
Corn (canned) (frozen)	3 #2 cans 3 (40 oz.) pkg.	2 #10 cans 10 (40 oz.) pkg.	Potatoes (for salad)	1/2 pk.	1/2 bu.
Crackers	1 1/2 lb.	6 lb.	Rolls	4 doz.	16 doz.
Cream for coffee	1 1/2 pt.	6 pt.	Salad dressing (any kind)	1 pt.	2 qt.
Cream for whipping	1 pt.	1/2 gal.	Soup	1 1/2 gal.	6 gal.
Fowl (creamied or in salad) (roasted)	8 lb. 16 lb.	32 lb. 60 lb.	Sweet potatoes (canned)	1 #10 can	4 #10 cans
			Sweet potatoes (fresh, served candied)	7 lb.	24 lb.
			Tomatoes (stewed)	1 #10 can	4 #10 cans
			Wieners	6 lb.	25 lb.

ND

SOUPS & SANDWICHES

CAULIFLOWER SOUP

6 c. water or soup stock	6 fresh mushrooms (optional),
1 large cauliflower	cut into strips and sauteed
1 Tbsp. butter	in butter
1 Tbsp. flour	salt and pepper to taste
2-3 egg yolks	3 medium potatoes (optional),
1/2 c. cream (sour)	diced, cooked separately

Cook cauliflower in salted boiling water or stock until tender, about 20 minutes. Reserve 6 to 8 flowerets. Mash the rest and return to hot soup stock. Lightly brown flour in butter to a paste; slowly add some (about 1 cup) soup stock to paste and dilute until smooth with the rest of the soup. Let simmer another few minutes.

In the meantime, beat the egg yolks with cream. Add a little soup stock at a time to egg mixture to avoid curdling. Then add the whole flowerets, mushrooms, if desired, and potatoes. Serves 6 to 8.

Jane Koszewski

TURKISH CAULIFLOWER SOUP

Kathy Thornley

1 medium head cauliflower (large bag frozen)	2 c. light cream or milk
3 Tbsp. butter or margarine	1/8 tsp. nutmeg
1/3 c. minced green onions	salt and pepper to taste
2 Tbsp. flour	3-4 Tbsp. grated cheese (Cheddar or whatever you have)
1 qt. chicken broth	2 tsp. lemon juice
	2 c. chunk white chicken or leftover, diced

Cook cauliflower and cut into small pieces. Saute onions in butter until tender; stir in flour and cook 1 minute. Stir in chicken broth until thickened. Add everything except cauliflower and heat until cheese is melted and soup is hot. Add cauliflower. May be thickened with cornstarch and cold water, if desired. Serves 6 to 8.

CHICKEN SOUP

2 chicken backs and neck (if possible)	4 stalks celery
4 carrots	1 pkg. Mrs. Grass or Lipton chicken noodle soup

Fill Dutch oven $\frac{3}{4}$ full with hot water; cover and when it comes to a boil, put in the chicken backs and neck. Cook for $\frac{1}{2}$ hour on small flame, covered. Put in carrots and celery, cut in halves. Cook for 1 hour slowly. Take out celery and chicken. Put in chicken noodle soup and let cook another hour. If water is low, add a glass of water.

Millie Schrage

CHICKEN NOODLE SOUP

3 lb. chicken, cut up	1 Tbsp. salt
2 qt. water	$\frac{1}{4}$ tsp. pepper
1 onion, chopped	1 (10 oz.) pkg. frozen vegetables, defrosted
2 carrots, sliced	1 (3 oz.) pkg. noodles
2 celery stalks, sliced	

Place chicken in kettle. Add water, onion, carrots, celery, salt and pepper. Bring to boil. Skim. Cover and simmer until tender, about $1\frac{1}{2}$ hours. Lift chicken from soup. When cool enough to handle, remove meat from bones and discard fat. Add meat to soup along with frozen vegetables and simmer until vegetables are cooked. Cook noodles according to package directions and drain. Stir into soup and serve. Makes 6 servings.

Pam Beyer

KOREAN BEEF AND BEAN SPROUT SOUP

2 Tbsp. sesame or peanut oil	3 tsp. sesame seed
$\frac{1}{2}$ lb. diced beef	1 c. bean sprouts, drained
$\frac{1}{2}$ c. chopped onion	2 Tbsp. soy sauce
1 clove garlic, minced	2 Tbsp. dry sherry
$\frac{1}{2}$ tsp. salt	7 c. consomme
$\frac{1}{4}$ tsp. pepper	3 scallions, sliced

KOREAN BEEF AND BEAN SPROUT SOUP (Continued)

Heat oil in large saucepan; add beef, onion, garlic, salt and pepper. Cook over high heat and stir for 5 minutes. Stir in sesame seed and bean sprouts. Add soy sauce, sherry and consomme. Simmer for 30 minutes. Add scallions and cook for another 5 minutes. Serves 4-6.

Beverly Otto

FRENCH ONION SOUP

medium onions, sliced	salt and pepper
3 Tbsp. margarine or butter	1/2 c. grated Parmesan cheese
1 qt. boiling water	3 slices toasted French bread
4 beef bouillon cubes	

Saute onions about 10 minutes until lightly browned. Add water and cubes. Simmer 15 minutes. Season. Float toast on top and sprinkle with cheese. Serves 3.

To increase recipe, allow 1 extra cube and 1 extra cup of water for the amount you want.

Jan Coleman

BAKED FRENCH ONION SOUP

4 sliced onions	1 tsp. Worcestershire sauce
1/4 c. butter or margarine	1/2 tsp. garlic salt
2 (10 1/2 oz.) cans condensed beef broth	2 c. shredded Monterey Jack cheese
1 c. white wine	thinly sliced French bread, buttered and toasted
1/4 c. medium dry sherry	1/4 c. grated Romano or Parmesan cheese

Saute onions in butter until limp and buttery. Mix in undiluted beef broth, white wine, sherry, Worcestershire sauce and garlic salt. Heat through. Ladle into 4 ovenproof bowls. Sprinkle about 2 tablespoons Monterey Jack cheese over each bowl of soup. Top each serving with 1 slice of

(Continued on Page 36)

BAKED FRENCH ONION SOUP (Continued)

French bread. Sprinkle with remaining Jack cheese and Romano or Parmesan cheese. Bake in a 425-degree oven 10 minutes or until hot and bubbly. Place under broiler and heat just until cheese browns lightly.

Kathy Meehan

BLACK MUSHROOM-BARLEY SOUP

1 pkg. dried black mushrooms (1 oz.)	1/2 tsp. thyme
1 medium onion, finely chopped	1/4 tsp. pepper
3 Tbsp. butter	1 bay leaf
3 cans condensed chicken broth	1/4 c. small barley
1 carrot, minced	1 large potato, chopped (1-1 1/2 c.)
1 tsp. salt	1 c. sour cream
	parsley or chives for garnish

Rinse mushrooms and cover with 2 cups hot water. Soak 10 to 15 minutes. Chop into thin pieces. Save liquid to flavor soup. In large soup pot, saute onion in butter. Add water to broth (using reserved liquid) to make 7 cups and add to pot along with mushrooms, carrot and seasonings. Bring to boil. Stir in barley, cover and simmer 1 to 1 1/2 hours, adding potato about 30 minutes before serving.

Just before serving, add sour cream (very slowly) to soup or a tablespoon or two can be put in each soup bowl and the soup ladled over it. Garnish with parsley or chives. Serves 10 to 12.

Marlene Petrie

CREAM OF MUSHROOM SOUP

1 lb. fresh mushrooms, finely sliced	2 tsp. salt
6-8 scallions, sliced	dash curry
4 Tbsp. butter	6-8 Tbsp. flour
1 tsp. lemon pepper	2 cans chicken broth, undiluted
	1 pt. cream

CREAM OF MUSHROOM SOUP (Continued)

Make in a Dutch oven. Saute mushrooms and scalions until mushrooms start to juice. Add pepper, salt, curry and flour; mixture will form paste. Stir in soup and heat. Before serving, stir in cream. Garnish with parsley.

A gourmet's delight!

Brigid Magnuson

SHERRY CREAM OF MUSHROOM SOUP

1 lb. fresh mushrooms	dash cayenne
4 green onions with tops	4 c. milk or half and half,
1/3 c. butter	scalded
1/2 c. flour	2 c. chicken broth
1 1/2 tsp. salt	2 egg yolks, slightly beaten
1/4 tsp. white pepper	1/2 c. sherry
1/4 tsp. dry mustard	

Slice mushrooms and chop stems. Thinly slice onions. In a large heavy pan, saute mushrooms and onions in butter; remove mushrooms. Blend flour and seasonings into butter; gradually stir in milk and broth. Cook, stirring constantly, until slightly thickened. (Can be made ahead to this point.) Add mushrooms. Mix egg yolks and sherry; gradually add to soup, stirring constantly.

Lois Weihs

QUICK PEANUT SOUP

1/4 c. finely chopped onion	1 can condensed cream of chicken soup
1 Tbsp. butter	1 can condensed cream of celery soup
1/2 c. smooth peanut butter	2 soup cans of milk

Cook onion in butter until tender, but not browned. Stir in peanut butter; cook several minutes. Blend in soups and milk; heat. Makes 6 servings.

Cherrie Labunski

SPINACH SOUP

- | | |
|---|---|
| 1 (10 oz.) pkg. frozen
chopped spinach | 2 cans of water
1 egg, beaten (optional) |
| 2 (10 3/4 oz.) cans chicken broth | |

Cook spinach in 1 can broth in a medium saucepan. Pour into blender and puree. Return to saucepan and add the other can of broth. Whirl the 2 cans of water in the blender (to get out all of the spinach) and add to pan. Bring to a boil. At this point, you can add the beaten egg, as for egg drop soup, to thicken soup slightly.

Optional: Can substitute carrots for spinach for Carrot Soup.

Judy Wilkes

VEGETABLE BURGER SOUP

- | | |
|----------------------------------|--|
| 1 lb. ground beef | 1 (10 oz.) pkg. frozen mixed
vegetables |
| 1 (1 lb.) can stewed
tomatoes | 1/2 envelope or 1/4 c. dry
onion soup mix |
| 1 (8 oz.) can tomato
sauce | 1 tsp. sugar |
| 2 c. water | 1/4 c. Parmesan cheese |

In Dutch oven, lightly brown ground beef until red is gone. Drain fat. Add remaining ingredients and bring to a boil. Reduce heat; cover and simmer 1/2 hour to 45 minutes. Serve with French bread. Makes 4 hearty servings.

Barb Hameder

EASY BEEF STEW (Oven)

- | | |
|---|-------------------------------------|
| 2 lb. beef stew meat,
1 1/2-inch cubes | 2 Tbsp. tapioca
1 Tbsp. sugar |
| 6 carrots, cut in chunks | 2 tsp. salt |
| 1 medium onion | 1/2 c. tomato juice or V-8
juice |
| 1 rib celery | |

Place meat in 11 x 7-inch pan. Add vegetables.

EASY BEEF STEW (Continued)

Blend tapioca, sugar, salt and juice; pour into pan. Cover pan with foil, sealing tight around edges. Bake at 250 degrees for 4 hours.

Jean Meyer

BEEF STEW WITH ROSEMARY

2 lb. beef stew meat	1 tsp. rosemary, crushed
3 Tbsp. flour	1 (16 oz.) can tomatoes
1 tsp. salt	1 can cream of mushroom soup
1/2 tsp. paprika	1/2 tsp. garlic salt
1/8 tsp. pepper	1 (8 oz.) pkg. egg noodles, cooked
3 Tbsp. cooking fat/oil	1/2 c. grated Parmesan cheese
1 bouillon cube, crushed	
3/4 c. hot water	
1 medium onion, chopped	

Cut beef into 1 1/2-inch pieces. Combine flour, salt, paprika and pepper. Dredge beef in mixture. Lightly brown meat in fat. Pour off excess fat. Dissolve bouillon cube in hot water; add to meat with onion and rosemary. Cover tightly and cook on low 1 1/2 hours. Add tomatoes, mushroom soup and garlic salt to beef. Simmer 10 minutes. Add cheese. Serve with cooked noodles or combine the noodles and stew together. Serves 6 to 8.

Jean Kohnke

GREEK BEEF STEW

2 lb. lean meat, cubed	1/2 tsp. cinnamon
5 medium potatoes, quartered	1 packet beef broth (optional)
1 large onion, chopped	1 (15 oz.) can tomato sauce
2-3 large carrots, cut up	2 sauce cans of water (or amount as needed)
1 1/2 tsp. salt	bread crumbs, to thicken, if necessary
1/2 tsp. pepper	

Brown meat in oil in a 5-quart Dutch oven over

(Continued on Page 40)

GREEK BEEF STEW (Continued)

medium heat. Add onion and saute until just tender. Add rest of ingredients and bring to a boil. Reduce heat and simmer until meat is fork-tender, about 1 1/2 hours. Serves 6.

Variation: If using a pressure cooker, reduce water and fill cooker 2/3 full after browning meat. Pressure cook 25 minutes. Stew can also be slow-cooked 8 to 10 hours on low.

Vana Kikos

HOT DOG STEW

1 pkg. frankfurters (10), cut 1 1/2-inches long	3 large onions, sliced and separated into rings
1 large or 2 medium green peppers, sliced	1 (12 oz.) can tomato paste
8 large potatoes, peeled and sliced	1/4 c. oil

Pour oil into large frying pan (one with a cover). Fry first 4 ingredients together until evenly golden browned. Add tomato paste and enough water to make a nice saucy consistency. Simmer until potatoes and peppers have cooked through. Season with salt and pepper. Serve with Italian bread.

Sue Warno

LAMB BARLEY STEW

2 1/2 lb. lamb shoulder (boned and cut into cubes)	1 bay leaf
2 Tbsp. oil	1 tsp. seasoned salt
3 c. water	1/2 c. pearl barley
1 pkg. onion soup mix	6 carrots, halved
	1 rib celery with top, chopped
	1 medium zucchini, sliced

Brown lamb in oil in Dutch oven. Remove excess fat. Add water, soup mix, seasonings and barley. Simmer, covered, 30 minutes. Add carrots and celery; cook for 30

LAMB BARLEY STEW (Continued)

minutes more. Add zucchini and cook 15 minutes or until meat and vegetables are tender.

Pat Demonte

STROGANOFF SANDWICH

1 loaf French bread	1/8 tsp. garlic powder
1 lb. ground beef	butter or margarine
1/4 c. chopped green onions	2 tomatoes, sliced
1 c. sour cream	1 green pepper
1 Tbsp. milk	4 oz. sharp process American cheese, shredded
1 tsp. Worcestershire sauce	

Cut loaf of bread in half; wrap in foil and heat at 375 degrees 10 to 15 minutes. Fry beef with onions until brown; drain off fat. Stir in sour cream; add next 3 ingredients and 3/4 teaspoon salt. Heat; do not boil. Butter and cut surfaces of bread. Spread 1/2 of hot meat mixture on each loaf. Arrange tomato slices alternately with green pepper rings atop meat. Sprinkle with cheese. Place on baking sheet. Bake at 375 degrees for 5 minutes.

Makes 8 servings.

Barbara Knobe

STEAK STEW

1 1/2-2 lb. round steak, thin sliced, cubed	shortening salt and pepper
--	-------------------------------

Braise meat in shortening until browned on all sides. Add water to cover and simmer for about 1/2 hour. Add salt and pepper to taste. Add cubed potatoes, carrots, celery, onion, green pepper, mushrooms, etc. Add a number 2 can of tomatoes. Cook about 1 hour. Serve over cooked rice.

Judy Repta

AVOCADO DELIGHT SANDWICH

1 (3 oz.) pkg. cream
cheese at room
temperature
1/2 c. sour cream
2 Tbsp. lemon juice

3/4 tsp. (or less) salt
1/4 tsp. ground pepper
4-6 drops Tabasco sauce
2 medium or 1 large ripe
avocado

Mix all ingredients except avocado. Mash avocado on separate plate and then add to other ingredients.

Slice bread, spread avocado mixture on bread and add slices of cheese, sliced mushrooms and seasoned salt. Broil until cheese melts. Top with alfalfa sprouts.

Pat Hraba

TUNA BUMSTEADS

1 can tuna
1/2 c. grated American
cheese
1 small onion, chopped

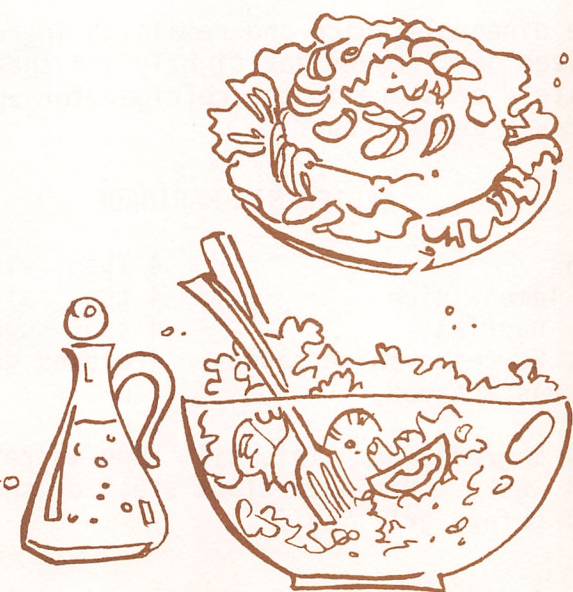
4 small sweet pickles, chopped
4 hard-boiled eggs, chopped
mayonnaise, enough to hold
mixture together

Mix well. Put in hamburger buns. Wrap each bun in foil. Bake at 350 degrees for 15 minutes. Serves 6.

Helen Vukadinovich

PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK

Sauces, Salads, & Dressings



MARINADE FOR GAME OR BEEF

With a fork combine 1 cup olive oil and 1/2 cup red wine. Add 2 garlic cloves and 4 shallots, both finely chopped, 12 crushed peppercorns, 1 bay leaf, 1/2 teaspoon each of chopped oregano and sweet basil, and salt to taste and mix thoroughly to blend the ingredients.

MARINADE FOR POULTRY

With a fork combine 1 cup olive oil, 1/2 cup dry white wine, and 1 tablespoon vinegar. Add 1 garlic clove, minced, 10 peppercorns, 1/2 teaspoon chopped sweet basil or tarragon, and salt to taste and mix well.

MARINADE FOR FISH

With a fork combine 1/2 cup each of olive oil and dry white wine. Add 2 garlic cloves, finely chopped, 1 tablespoon crushed peppercorns, and 1 teaspoon each of salt, Worcestershire sauce, and paprika.

TERIYAKI MARINADE

3/4 c. pineapple juice	2 cloves garlic, finely chopped
2 Tbsp. soy sauce	1 small bay leaf
2 Tbsp. lemon juice	1/8 tsp. ground cloves

Combine pineapple juice and remaining ingredients in a pint-sized jar. Cover jar tightly and shake well. Use immediately or store in the refrigerator until ready to use. Makes about 1 cup.

CALIFORNIA MARINADE

1 c. oil	4 Tbsp. vinegar
1/2 c. lemon juice	4 tsp. salt
2 Tbsp. paprika	4 tsp. sugar
4 Tbsp. Worcestershire sauce	4 cloves garlic, crushed
Dash tabasco sauce	

Mix all ingredients. This will keep in refrigerator for several weeks. Marinate flank steak or shish-ka-bob meat 24 hrs. before grilling.

SAUCES, SALADS, & DRESSINGS

RED APPLE SALAD

- | | |
|-----------------------------------|------------------------------------|
| 4 c. unpared red apples | 3/4 c. Miracle Whip salad dressing |
| 1 c. drained pineapple chunks | 2 Tbsp. sugar |
| 1/3 c. halved maraschino cherries | 1 tsp. salt |
| 1 1/2 c. diced celery | 1/8 tsp. lemon juice |
| 1/2 c. coarsely chopped walnuts | 1/2 c. whipping cream, whipped |

Combine fruits, celery and walnuts with salad dressing, lemon juice and spices. Toss carefully. Fold in whipped cream. Keep refrigerated. Yield: 6-8 servings.

Pam Strewe

TWENTY-FOUR HOUR CHERRY SALAD

- | | |
|--|---|
| 2 (17 oz.) cans light or dark sweet cherries | 2 eggs, slightly beaten |
| 1 (11 oz.) can Mandarin orange segments | 1/4 c. frozen orange juice (or lemonade) concentrate, defrosted |
| 2 c. green grapes | 1/4 c. sugar |
| 2 c. miniature marshmallows | 1 c. whipping cream, whipped |

Drain cherries and oranges. Combine cherries, orange segments, grapes and marshmallows. In top of double boiler, combine eggs, juice concentrate and sugar; cook over boiling water until thick and smooth. Cool. Fold in whipped cream. Add dressing to fruit, mixing well. Refrigerate 24 hours. Serves 8.

Juanita Sigg

CRANBERRY JELLO SALAD WITH ORANGE CREAM SAUCE

1 large pkg. raspberry jello	3/4 c. chopped pecans or walnuts
1 can whole cranberry sauce	1/3 c. sweet vermouth or Port wine
1 small can crushed pineapple	1 pkg. Dream Whip
1 small can Mandarin oranges	1 (3 oz.) pkg. cream cheese
	1 Tbsp. grated orange rind

Mix raspberry jello with 2 cups boiling water; drain juice from pineapple into a measuring cup and add enough water to make 1 cup. Add this to jello along with oranges, pineapple, cranberries, wine and nuts. Pour into greased mold and refrigerate until jelled.

Before serving, mix Dream Whip according to directions. Add softened cream cheese and orange rind. Beat until well blended. Serve sauce with salad. Serves 6-8.
Nancy Streiff

DREAM SURPRISE SALAD

2 pkg. Dream Whip, whipped	3 cans drained fruit cocktail
1 pt. sour cream	1 pkg. colored marshmallows
	1/2-3/4 c. coconut

Mix sour cream with whipped Dream Whip. Blend well. Add fruit cocktail, marshmallows and coconut. Pour into a mold (fits into a large Tupperware mold). Refrigerate overnight. Take out 15 minutes before unmolding.

Pam Russell

GERMAN MACARONI HAM SALAD

2 (7 oz.) pkg. macaroni shells or Creamettes, boiled	3/4-1 lb. ham, sliced
4 or 5 Tbsp. Hellmann's mayonnaise or to taste	2 hard-boiled eggs
	1 tsp. salt
	seasoned pepper to taste

GERMAN MACARONI HAM SALAD (Continued)

Mix shells with mayonnaise. Add salt and pepper.
Dice ham and eggs; add to shells. Mix well.

Alke Lewis

HAWAIIAN SALAD

- | | |
|-------------------------------------|------------------------|
| 1 c. marshmallows | 1/2 c. chopped walnuts |
| 1 can Mandarin oranges | 1 c. flaked coconut |
| 1 can crushed pineapple,
drained | 1 c. sour cream |

Mix ingredients. Chill at least 12 hours.

Brigid Magnuson

HOLIDAY SALAD

- | | |
|--------------------------------------|---|
| 1 (3 oz.) pkg. raspberry
gelatin | 1 (3 oz.) pkg. lemon gelatin |
| 2 c. boiling water | 1/3 c. mayonnaise |
| 1 (21 oz.) can cherry pie
filling | 1 (8 1/2 oz.) can crushed
pineapple, undrained |
| 1 (3 oz.) pkg. cream
cheese | 1 c. tiny marshmallows |
| | 1/2 c. whipping cream |
| | 2 Tbsp. chopped pecans |

Dissolve raspberry gelatin in 1 cup boiling water. Stir in pie filling. Put in 9 x 9 x 2-inch pan. Chill until firm. Dissolve lemon gelatin in remaining 1 cup boiling water; cool. Beat cheese with mayonnaise until blended and smooth. Gradually add lemon gelatin. Stir in pineapple and marshmallows. Chill until partly set. Fold in whipped cream. Spoon over cherry layer. Top with pecans and chill until firm. Serves 12.

Lois Weihs

MARINATED SALAD

- | | |
|----------------------------------|-----------------------------------|
| 4 stalks celery, chopped
fine | 1 can French-style green
beans |
|----------------------------------|-----------------------------------|

(Continued on Page 46)

MARINATED SALAD (Continued)

1 can small peas	1 c. vinegar
1 can chopped pimentos	1 c. sugar
1 large onion, chopped fine	1/2 c. salad oil
1 small head cauliflower, cut in small pieces	1 tsp. paprika
	1/2 tsp. salt

Drain and blend vegetables. Combine vegetables with vinegar, oil and spices. Marinate overnight in refrigerator.

Marlene Petrie

MARINATED VEGETABLE SALAD

4-6 c. sliced carrots	1 tsp. dry mustard
1 medium onion, sliced	1 tsp. Worcestershire sauce
1 large or 2 small green peppers, sliced in rings	1 c. sugar
1 can tomato soup	1/2 c. oil
	1/2 c. vinegar

Cook carrots until only barely tender; salt a little while cooking. Blend tomato soup, dry mustard, Worcestershire sauce, sugar, oil and vinegar. Pour over vegetables; toss gently to mix. Refrigerate - the longer they marinate, the better the flavor.

May vary amount of onion or green pepper. May also add a little celery seed.

Karen Barba

MEXICAN CHEF'S SALAD

Brown 1 pound hamburger and season. Add one 1-pound can kidney beans. Set aside. Toss 1 chopped avocado, lettuce, onion, shredded Cheddar cheese, tomato and crumbled tortilla chips. Top with hamburger-bean mixture. Serve with Thousand Island dressing.

Juanita Sigg

DANNY'S FROZEN PINEAPPLE SALAD

6 oz. softened cream cheese	3 Tbsp. confectioners sugar
1 c. mayonnaise	3/4 c. chopped maraschino cherries
1 c. crushed, drained pineapple	3/4 c. pecans
	1 c. whipping cream

Beat cream cheese; add mayonnaise and beat until blended. Add pineapple, confectioners sugar, cherries and nuts. Mix well. Whip the cream and fold it into the other ingredients. Line a loaf pan or sheet cake pan with plastic wrap. Pour salad mixture in pan and place in freezer until frozen. Remove from pan; cut into 12 servings. Place serving on lettuce and garnish with sliced pineapple or other fruit. Serves 12.

Nancy Streiff

CREAMY PINEAPPLE SALAD

1 pkg. lime or lemon jello	1 (1 lb. 4 1/2 oz.) can crushed pineapple
1/2 tsp. salt	2 Tbsp. lemon juice
1 c. boiling water	1 c. sour cream

Dissolve jello and salt in boiling water. Drain pineapple, reserving 1/4 cup syrup. Add syrup, lemon juice and sour cream to gelatin. Beat until blended. Pour into shallow pan. Place in freezer 20 to 25 minutes or until firm 1 inch around edges and soft in center. Pour into bowl; whip until fluffy. Fold in pineapple. Pour into 1-quart mold. Chill until firm, 30 to 60 minutes. Unmold. Makes 4 cups or 8 servings.

Pam Russell

AMERICAN POTATO SALAD

5 lb. potatoes	1/2 green pepper, chopped
1 whole large onion, chopped	4-5 stalks celery, chopped
	dill pickle, optional
	(Continued on Page 48)

AMERICAN POTATO SALAD (Continued)

4-5 hard-boiled eggs

3/4 jar Hellmann's mayonnaise

Boil potatoes until very soft. Peel and slice; mix with everything else. Let set overnight for a better taste.

Barb Rozovics

GERMAN POTATO SALAD

1/2 c. white vinegar

1/2 c. water

1/2 c. sugar

1 Tbsp. flour

1 egg

6 slices bacon

4 medium to large potatoes,
cooked and sliced

2 stalks celery, chopped

1/2 medium onion, chopped

1 green pepper, chopped

In a pan, mix sugar and flour well; add water and vinegar. Stir and cook until it boils. Beat egg; add it to a small amount of the hot mixture, then return this whole mixture to saucepan. Cook until it is just about ready to boil. Cut bacon in small pieces, fry and drain; add to above mixture. In a very large bowl, put a layer of potatoes, celery, onion, green pepper, salt, pepper and dressing. Mix well. Serve warm. Serves 4-6.

Luan Zoellner

POTATO SALAD

2 1/2 lb. potatoes,

boiled with skins on

1/2 lb. bacon, chopped

1 large onion, chopped

1 c. mild vinegar

3/4 c. sugar

salt and pepper to taste

Brown bacon and onion. Add to it the salt, pepper, vinegar and sugar. Simmer for 10 minutes. Slice potatoes and pour hot mixture over it.

Gerda Weitzel

SALMON MOLD (Shrimp or Tuna)

- | | |
|--------------------------------------|--|
| 2 (3 oz.) pkg. cream cheese | 2 c. minced salmon (shrimp or tuna) |
| 1 c. mayonnaise | 1 c. celery, finely chopped |
| 1 Tbsp. green pepper, finely chopped | 1 Tbsp. grated onion |
| 1 can tomato soup, heated | 1 pkg. lemon jello or 1 envelope plain gelatin |

Mix cheese and mayonnaise; add vegetables. Dissolve gelatin or jello in soup. Stir into cheese mixture; add fish. Pour into oiled mold and chill overnight.

Karen Barba

EASY SHRIMP-CABBAGE SALAD

- | | |
|---------------------------------------|----------------------------------|
| 2 heads cabbage, chopped | 1 doz. hard-boiled eggs, chopped |
| 1 medium yellow onion, chopped finely | 2 cans shrimp, drained |

Add 3 cups mayonnaise to above and mix. Chill until ready to use. Serves many.

Everyone seems to like this. Great for picnics and large gatherings.

Pat Hraba

SHRIMP MOLD-ATO

- | | |
|--------------------------|---|
| 1 can tomato soup | 1/2 c. celery |
| 1 envelope plain gelatin | 2 c. shrimp (tiny canned shrimp, chopped) |
| 8 oz. cream cheese | 1 c. mayonnaise |
| 1/4 c. onion | |

Heat tomato soup to boiling (do not dilute); dissolve plain gelatin in 1/4 cup water and add to soup. Stir and cool. Beat cream cheese; add mayonnaise. Fold in remaining ingredients. Grease mold with mayonnaise; fill and refrigerate. Unmold when ready to serve.

Kriss Simms

SPINACH SALAD

- | | |
|--|---|
| 1 lb. spinach, washed
well, drained well and
dried on paper towels | 1 medium onion, chopped fine |
| 2 small cans water
chestnuts, sliced | 3/4 c. sugar (or less to taste) |
| 1/2 can bean sprouts,
well drained | 1 tsp. Worcestershire sauce |
| 1 c. salad oil (like
Mazola oil) | 2 tsp. salt |
| 1/2 c. dark cider vinegar | 1/3 c. Heinz catsup |
| | 2 hard-boiled eggs, chopped
fine |
| | 4 slices bacon, fried crisp
and crumbled |

Mix spinach (bite-size pieces), bean sprouts, onion, eggs and bacon. Mix in bowl the salad oil, vinegar, sugar, Worcestershire sauce, salt and catsup. Stir until well blended and sugar is dissolved (a blender is good). Toss with spinach, etc.

Stephanie E. Jackson

FROZEN STRAWBERRY FRUIT SALAD

- | | |
|------------------------------------|--|
| 6 Tbsp. strained honey | 1 1/4 c. fresh strawberries |
| 1 (8 oz.) pkg. cream
cheese | or red raspberries, crushed |
| dash salt | whole strawberries or rasp-
berries |
| 1/2 c. pineapple, crushed or diced | |

Gradually add the honey to the cream cheese, blending until smooth. Add salt, pineapple and crushed berries; mix until well blended. Pour into a refrigerator freezing tray and freeze until firm. Slice and serve. Garnish each portion with whole strawberries or raspberries.

Makes 6 to 8 servings.

Jean Johnson

TACO SALAD

- | | |
|--------------------------------------|---|
| 1 head lettuce, washed
and cut up | 2 lb. ground beef, browned
and drained |
|--------------------------------------|---|

TACO SALAD (Continued)

- | | |
|--------------------------------|--|
| 1 can kidney beans,
drained | 1 large bottle Wish-Bone
Russian dressing |
| 4 tomatoes, chopped | 1 (79¢) pkg. taco chips |
| 1 onion, chopped | |

Blend all ingredients in large bowl and add taco chips last after dressing is mixed in. Crush chips into smaller pieces. Serves 15.

Shirley Rothermel

THREE BEAN SALAD

- | | |
|-------------------------|----------------------|
| 1 can yellow wax beans | celery may be added |
| 2 cans cut green beans | 1 c. sugar |
| 1 can kidney beans | 2/3 c. vegetable oil |
| 1 green pepper, chopped | 1 c. vinegar |
| 1 onion, sliced | |

Drain beans. Mix with green pepper and onion. Stir oil, vinegar and sugar until sugar is dissolved. Pour over vegetables. Let stand overnight.

Pat Demonte

SEVEN LAYER SALAD

- | | |
|--|---|
| 1 head lettuce, shredded | 1/2 red onion, diced |
| 1 green pepper, diced | 2 or 3 c. mayonnaise |
| 1 pkg. frozen peas | 2 pkg. shredded Cheddar
cheese |
| 1 Tbsp. sugar | 10 slices bacon, cooked and
crumbled |
| 1 c. diced celery | |
| 4 sliced hard-boiled eggs,
optional | |

Make day before. Line 13 x 9 x 2-inch pan with lettuce, celery, green pepper, onion, peas, mayonnaise, sugar, cheese and bacon in that order.

Sandy Gatziolis
Sharon Carroll

TWENTY-FOUR HOUR TOSSED SALAD

Wash 1 large head lettuce and drain very well, as dry as possible; break into 12 x 14-inch dish. Add:

- | | |
|-----------------------------|--|
| 1/2 c. chopped celery | 1 can diced water chestnuts |
| 1/2 c. chopped green pepper | 1 pkg. frozen peas (thawed enough to separate) |
| 1/2 c. chopped onion | |

Spread above with Hellmann's mayonnaise; sprinkle generously with Romano or Parmesan cheese and McCormick's Salad Supreme. Cover and refrigerate 24 hours.

Toss and serve.

Note: You may add shrimp, crabmeat or tuna to serve as a main luncheon dish.

Joyce Caito

DELUXE TUNA FISH SALAD

- | | |
|------------------------------|------------------------------------|
| 3 cans family-size tuna fish | 1/2 c. sandwich spread |
| 3/4 onion, grated | 1/2 doz. hard-boiled eggs, chopped |
| 1 green pepper, chopped | juice of 1 lemon |
| 3 celery hearts, chopped | 2 Tbsp. sugar |
| 1 dill pickle, chopped | chopped pimentos to taste |
| 1 c. mayonnaise | chopped green olives to taste |

Mix all ingredients together. Refrigerate overnight.

Ruthanne Orsini

HAESIER DRESSING (French)

- | | |
|---------------------------------|-------------------------------|
| 3/4 c. sugar (lighter to taste) | 1/3 c. white vinegar |
| 1/3 c. ketchup | 1 small grated onion |
| dash garlic salt | 1 tsp. salt |
| 1 c. salad oil | 1 tsp. paprika |
| | 1 tsp. celery seed (optional) |

HAESIER DRESSING (Continued)

The night before, blend all ingredients together and put into a covered glass jar. To add to the fine taste of the dressing, use Bac*Os, croutons or crumbled eggs on salad.

Barb Rozovics

GRANDMA'S SALAD DRESSING

1/2 c. sugar	1 tsp. mustard
1/3 c. ketchup	1 tsp. paprika
1/2 c. salad oil	1 small onion, chopped
1/4 c. cider vinegar	pinch garlic salt
1 tsp. salt	

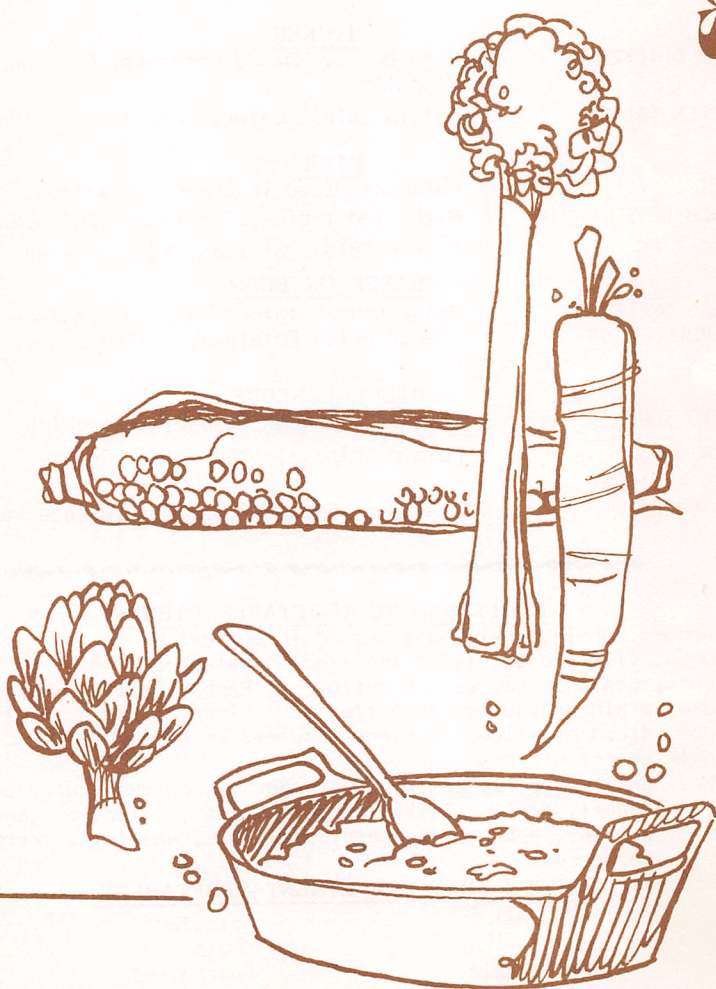
Put all ingredients in bowl and beat well.

Lois Weihs

** EXTRA RECIPE **

**** EXTRA RECIPES ****

Vegetables



WHAT TO SERVE WITH:MEATS

ROAST PORK	Brown Potatoes, Applesauce or Fruit Salad, Sweet Potatoes, Sauerkraut, Mashed Potatoes, Celery or Apple Salad
PORK CHOPS	Scalloped Potatoes, Fried Apple Rings, Mashed Potatoes, Cabbage Salad
BAKED HAM	Sweet Potatoes, Spinach, Rice, Fried Pineapple Rings, Parsley Potatoes, Asparagus
VEAL CUTLET	Baked Potatoes, Tossed Salad
HAMBURGER	Toasted Buns, Sweet Onion Rings, Potato Salad, Carrots
MEAT LOAF	Baked Potatoes, Canned Tomatoes, French Fried Potatoes, Asparagus
FRANKFURTER	Sauerkraut, Baked Beans

CHICKEN

FRIED CHICKEN	Lima Beans, Mashed Potatoes, Corn on the Cob and Biscuits
CHICKEN SALAD	Potato Chips, Celery, Pickles, and Peas

FISH

TROUT	Potatoes Diced in Cream, Asparagus, Pickles
FRENCH FRIED SHRIMP	Mixed Vegetables, Tomato and Onion Salad
FRIED FISH	French Fried Potatoes, Tossed Salad

CHEESE OR EGGS

CHEESE OMELET	Hash-brown Potatoes, Stewed Tomatoes
SCRAMBLED EGGS	French Fried Potatoes, String Beans, Toast

MISCELLANEOUS

TOMATO SOUP	Chicken Salad or Tuna Fish Sandwich
SANDWICHES	Potato Chips, Tossed Salad, Celery
BAKED MACARONI AND CHEESE	Pea Soup, Stewed Tomatoes, Lettuce Salad

ADDITIONS TO VEGETABLE DISHES:

Mushrooms, whole or sliced (sauteed in butter)	
Almonds, slivered or sliced (toasted)	Water chestnuts
Walnuts, plain or sauteed in butter	Bamboo Shoots
Pecans, plain or sauteed in butter	Pimento, diced or slivered
Onions, diced or sliced in rings (sauteed in butter)	
Deep-fried onion rings	
Herbs - basil, capers, celery seed, chervil, chives, curry powder, dill, fennel, garlic, leeks, marjoram, mint, onion, oregano, paprika, parsley, pepper, rosemary, scallions, shallots, tarragon, thyme, watercress	

SAUCES THAT COMPLIMENT VEGETABLES:

Bechamel	Veloute
Mornay	Omato
Hollandaise	Bearnaise
Vinaigrette	

VEGETABLES

BAKED BEANS

2 (1 lb.) cans pork and beans	1/2 lb. bacon, chopped and half cooked
1/2 c. brown sugar	1 onion, chopped
1 tsp. dry mustard	1/4 c. molasses
1/2 c. catsup	

Combine all ingredients, mix well and pour into a casserole. Bake at 350 degrees 1 hour and 30 minutes.

Carol Edmunds

BROCCOLI AND RICE CASSEROLE

1 pkg. frozen chopped broccoli	1 medium onion, sliced
1 spear fresh broccoli	1 can cream of mushroom soup
1/4 c. rice, cooked as directed on box	1/4 c. Velveeta cheese or Cheez Whiz
8 oz. fresh mushrooms	

Cook broccoli until done. Saute onion in butter until tender. Mix all ingredients in casserole dish and let set overnight. Heat the next day in a 350-degree oven 1 hour.

Kathy Grabowski

BROCCOLI CASSEROLE

3 pkg. frozen chopped broccoli	1/2 lb. Velveeta cheese
1 stick margarine	1/4 lb. Ritz crackers

Cook broccoli according to package directions and drain. Melt 1/2 stick margarine; add Velveeta cheese in small pieces until a smooth sauce is formed (low heat, it burns easily). Add Ritz crackers, crushed, to 1/2 stick melted margarine. Combine 1/2 of crumb mixture with the

(Continued on Page 56)

BROCCOLI CASSEROLE (Continued)

broccoli and cheese sauce. Top with remaining crumbs.
Bake uncovered for 30 minutes at 350 degrees.

Debbie Talaga

BROCCOLI CASSEROLE

1/4 lb. Cracker Barrel cheese	1/8 lb. salted butter 3 eggs
10 oz. broccoli (frozen)	salt and pepper
16 oz. small curd cottage cheese	

Cook broccoli; mix all ingredients and place in an 8 x 8-inch greased casserole or cake pan. Bake 1 hour at 350 degrees. Serves 6 to 8.

Cathy Bloss

CORN PUDDING

1 (20 oz.) pkg. frozen corn	1 1/2 eggs 1 1/2 c. milk
2 1/2 Tbsp. sugar	3 Tbsp. melted margarine
1 tsp. salt	1/4 c. flour
1 1/2 tsp. baking powder	

By hand, mix corn, salt, sugar and baking powder together. Then combine eggs and melted margarine; add flour and milk, alternating each. Turn into buttered casserole dish. Bake at 350 degrees 1 hour and 20 minutes.

Barb Rozovics

CREOLE GREEN BEANS

6 slices lean bacon, diced	1 Tbsp. Worcestershire sauce 1/2 tsp. salt
3/4 c. chopped onion	1/4 tsp. pepper
1/2 c. chopped green pepper	1/8 tsp. dry mustard
2 Tbsp. flour	1 (16 oz.) can peeled tomatoes
2 Tbsp. brown sugar	1 (16 oz.) can green beans

CREOLE GREEN BEANS (Continued)

Cook bacon until crisp; remove from skillet. Add onion and green pepper to 3 tablespoons bacon drippings. Cook until tender. Blend in flour, sugar, Worcestershire sauce, salt, pepper and mustard. Add tomatoes. Cook, stirring constantly, until thick. Add beans. Heat. Top with bacon. Makes 6 to 8 servings.

Sue Hansen

SWEET AND SOUR GREEN BEANS

- | | |
|---|-------------------------|
| 3 strips bacon | 2 tsp. cornstarch |
| 1 small onion | 1/4 tsp. salt |
| 1 (8 1/2 oz.) can Chum
King water chestnuts,
sliced | 1/4 tsp. dry mustard |
| 1 (16 oz.) can French-
style green beans | 1 Tbsp. brown sugar |
| | 1 Tbsp. vinegar |
| | 3 Tbsp. chopped pimento |

In a skillet, fry bacon and crumble. Put onion and sliced water chestnuts in grease and saute until golden brown. Drain beans, reserving 1/2 cup liquid. Combine bean liquid, cornstarch, salt, mustard, brown sugar and vinegar; add to skillet. Cook until it thickens. Add green beans and pimento. Heat through. Serve with crumbled bacon on top. Serves 4.

Karen McDowell

BAKED CARROTS

- | | |
|--------------------|----------------------|
| 18 small carrots | 1 tsp. salt |
| 1/3 c. butter | 1/3 tsp. cinnamon |
| 1/2 c. brown sugar | 1/3 c. boiling water |

Scrape or pare carrots; place in casserole. Cream butter, sugar, salt and cinnamon. Add water and pour over carrots; cover and bake in moderate oven, 350 degrees, for 1 1/2 hours.

Kay Ferino

GLAZED CARROTS

- | | |
|--------------------------------|--------------------------------|
| 1 (10 oz.) pkg. frozen carrots | salt and freshly ground pepper |
| | 1 tsp. sugar |
| 2 Tbsp. butter or margarine | |

In saucepan, bring 1/3 cup water to a boil; add the carrots and simmer, uncovered, stirring occasionally, for 3 to 5 minutes or until liquid has evaporated and carrots are thawed. Add butter to pan. Season carrots with salt, pepper and sugar. Turn heat high and cook, stirring constantly, until carrots are glazed. Serves 4 to 6.

Kathy Meehan

STUFFED EGGPLANT

- | | |
|--------------------------------|------------------------------|
| 2 eggplants (1/2-3/4 lb. each) | salt |
| 2 Tbsp. bacon drippings | 1/4 c. finely chopped celery |
| 1/2 lb. ground beef | 1 (8 oz.) can tomato sauce |
| 1 clove garlic, crushed | 1/4 tsp. dried basil |
| 1/4 c. finely chopped onion | 1/2 c. dried bread crumbs |
| | 1/4 c. butter, melted |

Wash eggplants and cut in halves lengthwise; simmer, covered, 15 minutes in 1 1/2 inches boiling salted (1/2 teaspoon) water. Drain and cool. Preheat oven to 375 degrees. Carefully scoop out pulp, leaving 1/2 inch thick shells. Dice pulp and set aside with shells.

Saute beef with garlic in drippings until brown; add onion and celery. Cook over low heat 5 to 10 minutes. Stir in tomato sauce, 1 1/2 teaspoons salt and basil. Remove from heat and add diced eggplant. Spoon meat mixture into eggplant shells. Place in shallow baking pan. Combine bread crumbs and butter; sprinkle over Stuffed Eggplants. Bake, uncovered, about 45 minutes or until hot and bubbly.

This makes 4 luncheon main course servings or 8 dinner side dishes.

Rochelle Galluzzi

FRENCH FRIED ONIONS

- | | |
|-------------------|------------------------|
| 1 c. sifted flour | 2/3-1 c. beer |
| 1 tsp. paprika | 2 Tbsp. butter |
| 1/2 tsp. salt | 2 large onions, sliced |
| 1/8 tsp. pepper | fat for deep frying |
| 2 eggs, separated | |

Sift flour with paprika, salt and pepper. Beat egg yolks until light; stir in beer. Add to dry ingredients; stir until blended. Stir in butter; cover and let stand 1 1/2 hours. Beat egg whites until stiff, but not dry; fold into batter. Dip onion rings into batter; drain off excess batter. Fry in deep fat heated to 375 degrees 1 1/2 to 2 minutes or until golden brown. Drain on paper towels; sprinkle with salt. Makes 6 servings.

Cherrie Labunski

CHEDDAR AND CHIVE POTATO CASSEROLE

- | | |
|---|-------------------------------|
| 1 (2 lb.) bag hash brown potatoes (frozen, plain cubes, not shredded) | 8 oz. shredded Cheddar cheese |
| 1 pt. sour cream | salt and pepper |
| 2 cans cream of potato soup | freeze-dried chives |

Mix all ingredients together. Melt stick of butter in a pan. Pour mixture into pan. Bake at 350 degrees 1 hour.

(Use 9 x 12-inch pan; will take longer to bake if the potatoes are frozen.)

Pam Russell

DELMONICO POTATOES

- | | |
|---------------------|------------------------------|
| 8-9 medium potatoes | 1/3 stick butter |
| 1 c. half and half | 2 c. shredded Cheddar cheese |
| salt | |

Cook potatoes in jackets for 20 minutes in boiling water. Peel potatoes; shred coarsely. Put shredded

(Continued on Page 60)

DELMONICO POTATOES (Continued)

potatoes in a buttered 8 x 8-inch casserole. Heat half and half with salt and butter; add cheese and heat until cheese melts. Pour over potatoes. Bake 1 hour at 350 degrees, uncovered. Serves about 6.

Lois Weihs

DOUBLE BAKED POTATOES

4 baking potatoes	butter to taste
1/4 c. milk	salt and pepper
8 oz. sour cream	paprika
2 tsp. chives	American cheese

Bake the potatoes; prick with fork to let steam escape. Bake at 425 degrees for 50 minutes.

Cut the potatoes in halves; scoop out potatoes and place them in a large bowl. Add milk, sour cream, chives, butter, salt and pepper to taste. Mix with mixer and place back into shells. Top with cheese slices and paprika (cut cheese slices in halves). Bake for 15 minutes at 325 degrees.

Carol Edmunds

POTATO DUMPLINGS

2 c. mashed potatoes	1 Tbsp. melted butter
1 whole egg, beaten	1 1/2 c. sifted flour
1 tsp. salt	

Combine melted butter with mashed potatoes. Add beaten egg. Gradually add flour, a little at a time, which has been sifted and combined with salt. Knead dough on floured board. Using tablespoon, take bits of dough and roll to size of walnuts. Drop dumplings into boiling salted water; cook slowly 20 minutes, uncovered. Drain dumplings and fry slowly in butter until light brown on each side. Season with salt and serve with pork and sauerkraut.

Judy Repta

POTATOES SUPREME

6 medium potatoes,
peeled
salt
1/2 c. butter

2 c. shredded Cheddar cheese
1/3 c. chopped green onions
1 pt. sour cream
1/4 tsp. pepper

Boil potatoes in salted water; cover and refrigerate overnight. Grate potatoes coarsely. Mix with remaining ingredients and 1/2 teaspoon salt. Put in shallow 1 1/2-quart baking dish. Bake in a 350-degree oven about 35 minutes. Makes 6 to 8 servings.

Sue Hansen

RAW FRIED POTATOES

Set out a 6-inch skillet and 1/3 cup butter. Add 1 tablespoon of the butter to the skillet. Melt the remaining butter.

Meanwhile, wash and pare 1 large potato. Cut into 1/8-inch lengthwise slices; then cut into 1/8-inch strips. Pat dry with absorbent paper. Heat the skillet. Leaving skillet on heat, arrange potato strips parallel in about a 1-inch layer in the skillet. Pour the melted butter over layer. Sprinkle over potato strips a mixture of:

1/4 tsp. salt

1/8 tsp. m.s.g.

Heat rapidly until butter sizzles. Reduce heat to medium. Cook about 10 minutes or until underside of potato layer is browned. Drain off butter and reserve. Using a pancake turner, carefully turn the potatoes without breaking apart layer. Return about 1/2 of the butter to skillet. Cook 5 minutes longer over medium or until potatoes are browned on second side and tender (butter should be sizzling). Drain off butter. Serve immediately.

Lynn Lorenz

STUFFED BAKED POTATOES

4 large unpared baking potatoes	about 1/2 c. milk
salad oil	1/3 c. sour cream
1/4 lb. packaged process cheese spread	1 Tbsp. bottled horseradish butter or margarine

Heat oven to 450 degrees. Wash and dry potatoes. Rub each with salad oil. Bake on cookie sheet 45 to 60 minutes or until tender when tested with fork. Remove from oven. Cut a lengthwise slice from top; scoop out potato into a large bowl, leaving shells. With electric mixer at medium speed, beat potatoes with milk until smooth. Beat in sour cream and horseradish, also cheese (cut in cubes or grated). Pile stuffing back into potato shells; spread top with margarine. Bake 10 minutes more. Serves 4. (Can be frozen.)

Barb Hameder

HONEYED SWEET POTATO BALLS

2 (18 oz.) cans sweet potatoes, drained and mashed	1/2 tsp. salt
	1/8 tsp. pepper
	1/3 c. honey
1/4 c. miniature marshmallows	1 1/2 c. slightly crushed corn or wheat flake cereal
1/4 c. (1/2 stick) butter, melted	

In large bowl, combine potatoes, marshmallows, 1 teaspoon melted butter, salt and pepper. Form into 10 balls. Warm honey and 1 tablespoon melted butter. Using 2 forks, roll each ball first in honey mixture, then in cereal, coating thoroughly. Arrange in baking dish. Spoon remaining 2 tablespoons butter over sweet potato balls; bake 15 minutes until warmed through. Makes 10 servings.

Use buttered shallow baking dish. Preheat oven to 350 degrees. Time to prepare: 30 minutes.

Cherrie Labumski

IRENE'S SPINACH CASSEROLE OF CANADA

2 pkg. frozen spinach	5 Tbsp. Parmesan cheese
1 3/4 lb. Ricotta cheese	1 1/2 tsp. salt
6 tsp. bread crumbs	melted butter
2 eggs	

Barely cook spinach according to package directions. Strain well. Mix all ingredients and put in casserole with a little melted butter on top and a sprinkling of Parmesan cheese. Bake in preheated 375-degree oven for 20 to 30 minutes, uncovered.

Marlene Angelico

SPINACH CASSEROLE

3 pkg. frozen chopped spinach	1 packet Mrs. Grass onion soup mix
8 oz. sour cream	4 or 6 oz. shredded Cheddar cheese for topping

Cook and drain spinach well. Mix with soup mix and sour cream. Top with Cheddar cheese. Bake at 350 degrees 20 minutes.

Vana Kikos

SPINACH CASSEROLE

1 pkg. frozen chopped spinach, defrosted and drained	1 Tbsp. flour
1 medium onion, chopped	1/2 tsp. salt
3 eggs	1 lb. dry cottage cheese or Ricotta cheese
	1/2 lb. Cheddar cheese, shredded

Beat eggs, flour and salt until frothy; add cottage cheese and beat until thoroughly mixed. Fold in spinach. Put in buttered casserole dish at least 2 inches deep. Sprinkle with cheese. Bake 45 minutes at 350 degrees.

Jane Koszewski

SPINACH OR SWISS CHARD FROM 17TH
CENTURY ENGLAND

2 lb. spinach or Swiss chard	1/2 tsp. ginger
4 Tbsp. butter	2 Tbsp. brown sugar
2 Tbsp. vinegar	1/2 c. currants or raisins, plumped in hot water
1 tsp. cinnamon	

Cook greens with water in covered pan 5 minutes or until slightly wilted. Remove, drain and chop. In frying pan, mix butter, vinegar, cinnamon, ginger, sugar and currants. Mix with greens; heat through and serve.

May garnish with hard-boiled eggs, if desired. This is very good with veal, pork or beef.

Phyllis Parker

Jan Coleman

SCALLOPED TOMATOES

3 c. canned tomatoes	3 Tbsp. sugar
1/4 c. butter or mar- garine	1 tsp. salt
3/4 c. coarse bread crumbs (bread slices, crumbled)	1/4 tsp. pepper
	1/8 tsp. ground allspice

Heat tomatoes and butter until butter melts. Mix remaining ingredients. Bake casserole for 40 to 45 minutes in a 400-degree oven. Serves 6.

Marlene Angelico

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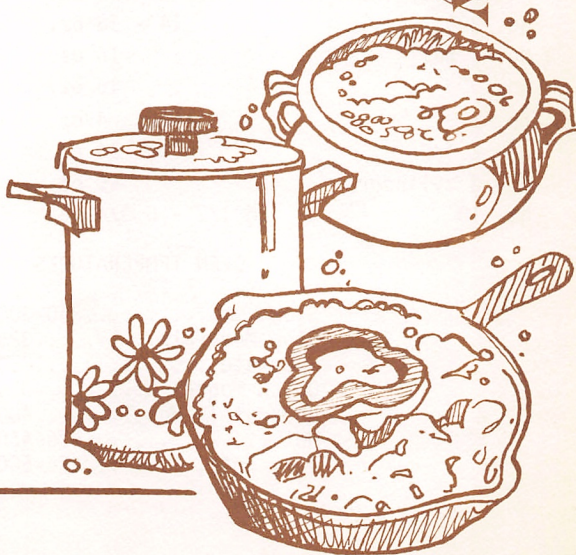


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David F. Rusch
Manager, Park Ridge Office

Casseroles & Crockpot Cookery



ABBREVIATIONS COMMONLY USED

tsp. = teaspoon
Tbsp. = tablespoon
c. = cup
pt. = pint
qt. = quart
pk. = peck
bu. = bushel
gal. = gallon

oz. = ounce or ounces
lb. = pound or pounds
sq. = square
min. = minute or minutes
hr. = hour or hours
mod. = moderate or moderately
doz. = dozen

EQUIVALENT MEASURES AND WEIGHTS

dash = Less than 1/8 tsp.
3 tsp. = 1 Tbsp.
4 Tbsp. = 1/4 c.
5 1/3 Tbsp. = 1/3 c.
8 Tbsp. = 1/2 c.
10 2/3 Tbsp. = 2/3 c.
12 Tbsp. = 3/4 c.
14 Tbsp. = 7/8 c.
16 Tbsp. = 1 c.
1/2 c. = 1 gill

4 gills (2 c.) = 1 pt.
4 c. (2 pt.) = 1 qt.
4 qt. = 1 gal.
8 qt. = 1 pk.
4 pk. = 1 bu.
16 oz. = 1 lb.
32 oz. = 1 qt.
8 oz. liquid = 1 c.
1 oz. liquid = 2 Tbsp.

(For liquid and dry measurements use standard measuring spoons and cups. All measurements are level.)

TABLE OF CAN SIZES

Can	Weight	Measure
Buffet	8 oz.	1 c.
No. 1 flat	9 oz.	1 c.
Picnic, soup	10 1/2 oz.	1 1/4 c.
12 oz. vacuum	12 oz.	1 1/2 c.
No. 211 cylinder	13 1/2 oz.	1 2/3 c.
No. 300	14 - 16 oz.	1 3/4 c.
No. 1 tall	16 oz.	2 c.
No. 303	16 oz.	2 c.
No. 2	1 lb. 4 oz.	2 1/2 c.
No. 2 1/2	1 lb. 14 oz.	3 1/2 c.
No. 3 cylinder	46 oz.	5 3/4 c.
No. 10	6 1/2 - 6 3/4 lb.	12 - 13 c.

OVEN TEMPERATURES

Slow.....250-300°
Slow Moderate.....325°
Moderate.....350°
Quick Moderate.....375°
Moderately Hot.....400°
Hot.....425-450°
Very Hot.....475-500°

CASSEROLES & CROCKPOT COOKERY

BEAN HOT DISH

1 lb. hamburger

1 lb. bacon

Brown above and drain off excess fat.

1/2 c. catsup

1 tsp. salt

2 Tbsp. mustard

3/4 c. brown sugar

Mix well with above. Then add below to casserole:

1 (1 lb.) can Lima
beans

1 (1 lb.) can kidney beans
1 (1 lb.) can pork and beans

Pour hamburger and sauce over beans. Bake at 350 degrees for 45 minutes. Makes a large casserole; serves a crowd.

Jean Kohnke

BEEF NOODLE CASSEROLE

1 1/2 lb. ground beef

1/2 lb. noodles

1/2 tsp. salt

1/2 pt. sour cream

dash pepper

1/2 pt. small curd cottage
cheese

1 can tomato sauce

1 c. Cheddar cheese,
shredded

6 green onions

Fry beef until crumbly. Pour off grease; add salt and pepper, then tomato sauce. Cook 5 minutes. Boil the noodles in salted water; drain and put noodles in a large bowl. Add sour cream and cottage cheese. Cut onions, top greens also, into small pieces and mix with noodles. Place layer of meat and sauce, layer of shredded Cheddar cheese and repeat until all ingredients are used. Bake covered for 40 minutes at 350 degrees, 20 minutes uncovered.

Judy Repta

CALICO BEAN POT

8 slices bacon	1 (1 lb. 15 oz.) can pork and beans
1 c. chopped onion	
1 (1 lb.) can drained green beans	3/4 c. firmly packed dark brown sugar
1 (1 lb.) can drained Lima beans	1/2 c. vinegar
1 (1 lb.) can drained kidney beans	1/2 tsp. garlic salt
	1/2 tsp. dry mustard
	1/8 tsp. black pepper

Use a 3-quart pot. Cook bacon, cut in small pieces, until crisp. Saute onion in bacon fat. Combine all ingredients; simmer until heated through (1 hour).

Lynn Lorenz

CASHEW BEEF CASSEROLE

2 lb. hamburger	1 can cream of chicken soup
3 onions, chopped	1 small jar pimentos
1 green pepper, chopped	1/3 c. soy sauce
4-5 pieces celery, chopped	1 1/2 pkg. Creamettes
1 can cream of mushroom soup	shells

Brown hamburger, onions, green pepper and celery. When this is browned, add rest of ingredients and mix. Bake at 350 degrees for 1 hour and 15 minutes. Sprinkle with cashews.

Darcy Lake

CHOP SUEY RICE HOT DISH

Debbie Talaga

1 lb. hamburger	1 can cream of mushroom soup
1 small onion or 1 Tbsp. minced onion	1/4 c. soy sauce
1 c. raw rice	2 c. chopped celery
1 c. water	

Mix all ingredients together; place in casserole dish. Bake 1 hour and 20 minutes at 350 degrees.

GRECO
(Main Dish-Beef)

1 yellow onion, chopped	3 small cans tomato sauce
1 green pepper, chopped	1 can cream-style corn
1 or 2 small cans mushrooms, drained	sharp cheese
2 c. shell macaroni	1 lb. ground round or chuck

Fry onion and green pepper in small amount of oil until glossy. Brown meat in above. Add mushrooms; remove from heat. Boil macaroni until tender; drain and add to above. Add tomato sauce and corn; mix well. Place in greased casserole and refrigerate. When ready to bake, grate lots of sharp cheese on top and place in 300-degree oven for 1 hour. Serves 8.

Barbara Knobe

LUCERNE CASSEROLE
(Beef-Delicious and an easy make-ahead)

1/2 lb. medium thin noodles	1 (8 oz.) pkg. cream cheese
1-1 1/2 lb. ground chuck	1 (8 oz.) carton cottage cheese
1 Tbsp. butter or margarine, melted	1/2 c. sour cream
2 (8 oz.) cans tomato sauce	1/2 c. minced scallions
	1 Tbsp. minced green pepper

Cook and drain noodles. Saute ground chuck in butter; drain and add tomato sauce. Combine well in a separate bowl the cream cheese, cottage cheese, sour cream, scallions and green pepper. In 3-quart casserole, spread 1/2 inch noodles; cover noodles with cheese mixture and then with remainder of noodles. Top with melted butter (or margarine); then add meat sauce. Refrigerate until 1 hour before serving. Heat in a 375-degree oven for 45 minutes. Serves 8.

Marlene Petrie

PIZZA CASSEROLE

- | | |
|---------------------|--------------------------------|
| 1 pkg. egg noodles | 1 lb. American cheese, |
| 1 1/2 lb. hamburger | grated or sliced |
| 1 onion | 1 (15 oz.) jar spaghetti sauce |
| oregano | |

Cook noodles according to package instructions. Brown hamburger with onion; season to taste with oregano. Layer noodles, hamburger and cheese; repeat layers. Pour spaghetti sauce over top. Heat in oven approximately 30 minutes at 350 degrees until it is heated through.

Pat Demonte

BROCCOLI CHICKEN

- | | |
|-------------------------------|-----------------------------|
| 3 large bunches broccoli, | 1 c. mayonnaise |
| cooked and chopped | 1 tsp. lemon juice |
| 1 doz. chicken breasts, | 1/2 tsp. curry powder |
| boned and cooked (or | 1 large pkg. Cracker Barrel |
| other pieces) | Cheddar cheese |
| 2 cans cream of mushroom soup | bread crumbs |

Arrange cooked broccoli at the bottom of a 13 x 9-inch roasting pan. Top with 1/3 mixture of soup, mayonnaise, lemon juice and curry. Arrange cooked chicken pieces on top of broccoli and pour on remainder of soup mixture. Top with the cheese, cut into cubes; sprinkle with bread crumbs. Bake 30-45 minutes at 350 degrees. Serve with wild rice dish.

Brigid Magnuson

CHICKEN AND RICE BAKE

- | | |
|--|---------------------------|
| 1 (2 1/2-3 lb.) fryer | 1 (6 oz.) box Uncle Ben's |
| chicken, cut up | long grain and wild rice |
| 1 (10 3/4 oz.) can Campbell's cream of mushroom soup | 1 c. milk |

Mix together soup, milk and both packets of wild rice.

CHICKEN AND RICE BAKE (Continued)

Pour half of this into a 12-inch skillet; place chicken in skillet with skin side up. Pour rest of soup mixture over chicken. Cover and bake at 375 degrees for about 1 1/2 to 2 hours or until chicken is tender. Serves 4.

Note: For a change of taste, you may substitute other creamed soups such as chicken or celery.

Sharon K. Carroll

HAWAIIAN CHICKEN CASSEROLE

- | | |
|---|------------------------------|
| 1 large green pepper | 2 c. cubed, cooked chicken |
| 2 cloves garlic | 1 can sliced water chestnuts |
| 2 Tbsp. salad oil | 2 Tbsp. soy sauce |
| 2 cans cream of chicken soup, undiluted | 1 c. white rice |
| 1 (13 oz.) can chunk pineapple (save juice) | 2 1/2 c. chicken broth |
| | slivered almonds |

Cook green pepper and garlic in oil until tender. Add soup, pineapple, 1/2 cup pineapple juice, chicken, water chestnuts and soy sauce.

Cook rice in chicken broth until done; place rice in an 8-inch casserole dish. Cover with chicken mixture. Sprinkle with almonds. Bake 45 minutes at 350 degrees.

Brigid Magnuson

OVEN CHICKEN STEW

- | | |
|------------------------------|-------------|
| 6 large chicken pieces | 4 Tbsp. oil |
| 4 medium potatoes, quartered | flour |

Mix in large bowl:

- | | |
|-----------------------------|---------------------|
| 1 (15 oz.) can tomato sauce | 1/2 tsp. pepper |
| 1 sauce can of water | 3 Tbsp. lemon juice |
| 1-2 Tbsp. oregano | 3 Tbsp. catsup |
| 1 tsp. salt | 3 Tbsp. any oil |

(Continued on Page 70)

OVEN CHICKEN STEW (Continued)

Brown lightly floured chicken on top of stove (or in oven) in the oil. Arrange in deep (2 inches or more) baking pan; put in potato pieces and pour tomato sauce mixture over chicken and potatoes. Bake at 450 degrees 10 minutes or so until sauce bubbles; reduce to 350 degrees until sauce is thickened and chicken and potatoes are cooked, about 1 hour. Add more water as necessary right into pan so that potatoes cook well. Cover if necessary so as not to overcook the chicken pieces. Makes 4-6 servings.

Vana Kikos

CHILI CON CARNE

2 lb. chuck roast	2 Tbsp. cocoa
3 Tbsp. salad oil	salt to taste
1 onion, chopped	2 tsp. oregano
2 cloves garlic, minced	1 tsp. cumin
1 (1 lb.) can tomatoes	1 Tbsp. diced green chilies
2 c. water	2 (1 lb.) cans red kidney
3 Tbsp. chili powder	beans, undrained

Cut meat into 1-inch cubes. Brown in hot oil. Push meat aside. Brown onion and garlic; stir in tomatoes, water, chili powder, cocoa, salt, oregano, cumin and green chilies; cover and simmer 1 1/2 hours or until meat is tender. Gently stir in kidney beans; simmer 15 minutes longer. Makes 4 servings.

Pam Beyer

RIO GRANDE CHILI

2 lb. ground beef	3/4 c. hot water
1 pkg. chili seasoning mix	2 (15 oz.) cans red kidney beans
2 tsp. salt	1 (16 oz.) can tomatoes, broken in pieces
2 tsp. chili powder	1 large green pepper, chopped
2 tsp. paprika	1 small onion, chopped
1 beef bouillon cube, crushed	

RIO GRANDE CHILI (Continued)

2 Tbsp. flour

1/2 c. water

Brown ground beef in large skillet; pour off drippings. Sprinkle chili seasoning mix, salt, chili powder, paprika and crushed bouillon cube over meat and stir in hot water. Drain kidney beans and tomatoes, reserving the liquids. Stir liquids into meat mixture; cover tightly and cook slowly 35 minutes. Stir in kidney beans, cut-up tomatoes, green pepper and onion. Continue cooking, covered, 20 minutes. Blend flour with water. Combine with meat mixture and cook 5 minutes, stirring to thicken. Makes 6 to 8 servings.

Lynn Lorenz

CORNERD BEEF AND CABBAGE CASSEROLE

2 lb. cabbage, chopped
(6 c.)

1 (12 oz.) can cornerd
beef, diced

3 Tbsp. grated onion

1 Tbsp. prepared mustard

1/2 tsp. salt

1 can condensed cheese
soup

1 tall can evaporated milk

2 Tbsp. butter or margarine

4 slices bread, cubed

4 slices process American
cheese

Cook cabbage in 2 inches boiling water 10 minutes or until just tender; drain. Arrange alternate layers of cabbage and cornerd beef in 2 1/2-quart casserole. Mix next 5 ingredients and pour over mixture. Melt butter and toss with bread cubes; arrange in ring around edges of casserole. Bake in moderate oven, 350 degrees, 45 minutes or until mixture is bubbly and croutons are browned. Arrange cheese slices in center and bake 5 minutes longer or until cheese is melted. Serves 6.

Debbie Talaga

COUNTRY HAM SUPPER

2 Tbsp. butter

1/4 c. finely chopped onion

(Continued on Page 72)

COUNTRY HAM SUPPER (Continued)

- | | |
|---------------------------------------|----------------------------|
| 1/2 c. finely chopped
green pepper | 1 c. cooked, cubed ham |
| 1 pkg. noodles Romanoff | 1/4 c. milk |
| 1 (4 oz.) can mushrooms, drained | 1 c. shredded Swiss cheese |

In large frypan, melt the butter; saute green pepper and onion. Prepare noodles according to package; add to skillet with mushrooms and ham, also milk. Toss. Transfer 1/2 the noodle mixture to 1-quart baking dish; top with Swiss cheese and then add remaining noodle mixture atop cheese. Bake 20 minutes at 325 degrees. Serves 4.

Carole Siragusa

CRABMEAT AND RICE CASSEROLE

- | | |
|--|--|
| 6 c. hot cooked rice | 1 1/2 tsp. salt |
| 1 (16 oz.) container
creamed cottage cheese | 1/2 tsp. pepper |
| 2 (4 oz.) cans mushrooms | 1/2 c. grated Parmesan
cheese |
| 1/2 c. chopped chives | 3 (7 1/2 oz.) cans crabmeat
or 3 (6 oz.) pkg. frozen
crabmeat, thawed and
drained |
| 1 c. mayonnaise | paprika |
| 1 c. sour cream | |
| 2 tsp. Worcestershire
sauce | |

Combine rice, cheese, mushrooms and chives; mix well. Blend sour cream, mayonnaise, seasonings and half of Parmesan cheese; stir into rice mixture. Carefully fold in crabmeat pieces. Turn into buttered 2 1/2-quart casserole; sprinkle remaining Parmesan cheese and paprika on top. Bake at 350 degrees 30 minutes.

Serves 12. Can be cut in half.

Carole Siragusa

LAMB CHOP RICE BAKE

- | | |
|-------------------------------------|------------------------------------|
| 4 (1/2-inch) shoulder
lamb chops | 1/2 c. uncooked long grain
rice |
|-------------------------------------|------------------------------------|

LAMB CHOP RICE BAKE (Continued)

1/3 c. orange juice
1 (10 1/2 oz.) can
condensed chicken
with rice soup

1 Tbsp. brown sugar
1 tsp. mustard
1/2 tsp. Worcestershire
sauce

Brown the lamb chops in small amount of hot shortening; season with salt and pepper. In medium baking dish, combine uncooked rice, orange juice and condensed soup. Arrange chops on top. Cover and bake in a 350-degree oven for 30 minutes.

Mix the brown sugar, mustard and Worcestershire sauce. Uncover chops and brush with mixture. Bake 25 minutes longer.

Barb Hameder

BAKED PORK CHOPS AND YAMS

6 rib pork chops, 1
inch thick
4 medium-sized yams
2 bananas
4 Rome Beauty apples
2 Tbsp. butter or
shortening

salt and pepper
1/3 c. orange juice
2 Tbsp. Sauterne
1/2 c. brown sugar (solid
pack)
1/2 tsp. cinnamon

Brown chops in hot butter or shortening on both sides; season with salt and pepper. Peel yams; cut each into 3 lengthwise slices. Core apples; do not peel. Cut into 12 rings. Arrange yams and apple rings in a shallow roasting pan; place chops in center. Blend orange juice with brown sugar and cinnamon; pour over yams and apple slices. Bake covered with greased foil in preheated 350-degree oven 60 minutes.

Cut bananas into long slices to fit on top of yams; brush with lemon juice. Place on yams and bake 15 minutes more. Drippings in pan may be poured over chops. Serve with Italian or French bread and a tossed green salad. Serves 6.

Nadine DeJulio

PORK CHOPS AND WILD RICE

6 pork chops
6 prunes (optional)

1 (6 3/4 oz.) box Minute long
grain and wild rice

Brown chops; salt and pepper them to taste. Remove excess oil from skillet. Cook rice according to package directions. Arrange chops in skillet (if cooking on top of the stove) or in baking dish (if cooking in oven). Spread cooked rice on top of chops. Place a prune on top of each chop portion as a garnish. Cover and cook slowly! If cooking on top of stove, cook about 1 hour; if it seems dry, add a dribble of water to help steam. If cooking in oven, cook at 350 degrees for 1 hour. Serve with crisp salad and sliced cranberries. Serves 3 to 4.

Marlene Brown

PORK CHOPS AND CREAMETTES

1 (7 oz.) pkg. elbow
macaroni (2 c. cooked)
5-6 pork chops
2 Tbsp. flour
1 tsp. salt
1/2 tsp. paprika
1/2 tsp. pepper
1/4 tsp. nutmeg
2 Tbsp. vegetable oil

1/2 c. chopped onion
1/2 c. chopped green pepper
2 (1 lb.) cans tomatoes,
stewed or whole, cut up
2 Tbsp. catsup
1 tsp. salt
1/2 tsp. basil
1/4 tsp. pepper
1/4 tsp. garlic powder

Cook macaroni until done. Drain. Coat pork chops with flour, salt, paprika, pepper and nutmeg mixture. Brown chops in oil until almost done. Remove from pan.

Saute onion and green pepper in pan; then drain excess fat. Add tomatoes with liquid, catsup, salt, basil, pepper and garlic. Bring to a boil to combine. Mix this with the macaroni; place in 13 x 9 x 2-inch pan. Arrange pork chops on top. Bake, covered, in 350-degree oven 30 minutes.

Makes 4 to 6 servings.

Vana Kikos

CRISPY TUNA CASSEROLE

1 (10 3/4 oz.) can mushroom soup, undiluted
1 (3 oz.) can French-fried onions

1 small pkg. frozen hash brown potatoes, thawed
1 (7 oz.) can tuna, undrained
(if you use white instead of light you'll save dolphins)

Put all ingredients into large, flat pan (like lasagna pan) and mix thoroughly. Spread it out; should be about 1 inch thick. Bake in a medium oven until crisp on top.

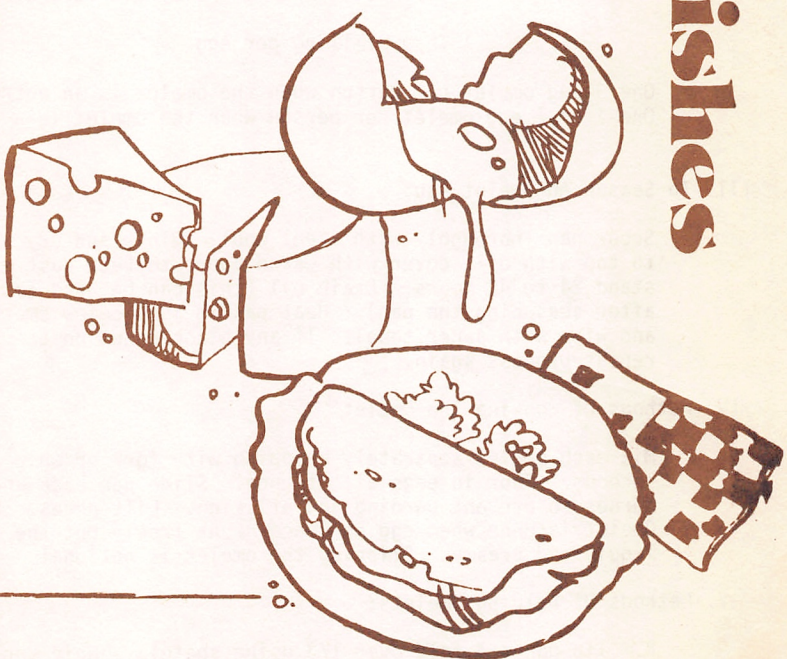
If you prefer it moist, bake in a regular casserole dish.

Judy Wilkes

** EXTRA RECIPES **

** EXTRA RECIPES **

Cheese & Egg Dishes



Cheese

Chill Cheese to grate it more easily.

Eggs

Add a little vinegar to the water when an egg cracks during boiling. It will help seal the egg.

When egg yolks are left, drop in boiling water and simmer until done. Use in salads.

When cooking eggs it helps prevent cracking if you wet the shells in cold water before placing them in boiling water.

OMELETS

General Information

I. Pan Size - Egg Ratio

1 egg:	6 - 6 1/2 inch pan	4 eggs:	9 - 9 1/2 inch pan
2 eggs:	7 - 7 1/2 inch pan	5 eggs:	10 - 10 1/2 inch pan
3 eggs:	8 - 8 1/2 inch pan	6 eggs:	11 - 11 1/2 inch pan

II. Basic Proportions

For each egg: 1 tsp. water
 Dash salt (1/4 tsp. per 3 eggs) (optional -- may add salt after cooking)
 Dash pepper
 1 tsp. butter per egg (may use less as number of eggs increase)
 1 Tbsp. filling per egg

One 3 egg omelet per person when the omelet is an entree.

One 1 or 2 egg omelet per person when the omelet is a dessert or a side dish.

III. To Season An Omelet Pan:

Scour pan thoroughly with steel wool. Rinse and dry well. Fill pan to top with oil, cover with waxed paper to keep dust out, and let stand 24 to 48 hours. Drain oil (this can be used for other purposes after seasoning the pan). Heat pan to just below smoke point. Cool and wipe with paper towel. If any black shows on the paper towel repeat process again.

IV. Methods Of Cooking The Omelet

Mix each omelet separately whipping with fork or whip about 30 seconds. Pour in eggs all at once. Slide pan back and forth on burner to prevent burning and sticking. Lift edges. Never brown. Omelet is done when egg no longer runs freely but the top still looks liquid and creamy. Flipping the omelet is optional.

V. Methods Of Folding Omelets:

A. Tip pan and fold over 1/3 using spatula. Hold pan over serving plate and fold again onto plate.

B. Fold in half and slide onto serving plate.

CHEESE & EGG DISHES

BACON AND CHEESE OVEN OMELET

12 slices bacon	8 eggs, beaten
6 slices pasteurized process cheese	1 c. milk

Cook bacon according to package directions; drain. Curl 1 slice, chop 4 slices and leave others as whole slices. Cut cheese slices in halves; arrange in the bottom of a lightly buttered 9-inch pie pan. Beat together eggs and milk with a fork. Add chopped bacon. Pour over cheese and bake at 350 degrees for 30 minutes. Arrange whole bacon slices on top of omelet around bacon curl. Bake 10 minutes longer. Let stand 5 minutes before cutting. Yield: 5 to 6 servings.

Variation: Use pork sausages rather than bacon.

Barb Hameder

Pam Beyer

EGGS BENEDICT

4 poached eggs	2 sticks butter, melted
4 English muffins	2 tsp. lemon juice
4 pieces Canadian bacon (sliced, or ham)	4 egg yolks
	dash paprika

Toast English muffins and butter them. Place ham slice on each. Place poached egg on top of each.

In blender, place egg yolks, lemon juice and the melted butter, very hot and bubbly. Butter must be placed in last and poured in very slow as the blender is running on fast speed. Pour mixture on eggs; top with paprika.

Carol Edmunds

CURRIED CRAB QUICHE

1/2 lb. crabmeat	2 Tbsp. sherry
2 Tbsp. lemon juice	1 Tbsp. finely chopped onion

(Continued on Page 78)

CURRIED CRAB QUICHE (Continued)

- | | |
|-----------------------|------------------------------|
| 1 tsp. curry powder | 1 c. cubed Swiss cheese |
| 1 tsp. parsley flakes | 1 baked 10-inch pastry shell |

Sour Cream Custard:

- | | |
|---------------------|-------------------|
| 3 eggs, well beaten | 1/2 c. sour cream |
| 3/4 c. milk | 1/4 tsp. salt |

Drain crabmeat. Combine with next 5 ingredients. Refrigerate 2 hours to blend flavors. Cover bottom of pie shell with the cheese; spread crabmeat mixture over cheese.

Combine Sour Cream Custard and pour over all. Bake at 350 degrees 45 minutes until custard is lightly browned and set. Cool slightly before serving.

Pat Hraba

ONION SWISS QUICHE

- | | |
|---|--|
| 1 c. finely crushed
salted crackers | 2 c. grated Swiss cheese
(8 oz.) |
| 1/4 c. butter or mar-
garine, melted | 3/4 c. sour cream |
| 6 strips bacon, diced | 2 eggs, slightly beaten |
| 1 c. finely chopped
onion | 1/8 tsp. pepper |
| | 1/2 c. grated sharp
American cheese |

Combine cracker crumbs and butter; press in bottom and sides of 9-inch pie pan. Cook bacon until crisp; drain on paper towels. Drain off all but 2 tablespoons drippings; saute onion in drippings. Combine bacon, onion, Swiss cheese, sour cream, eggs and pepper; pour into pie pan. Bake at 375 degrees about 30 minutes or until a knife inserted in the center comes out clean. Sprinkle American cheese on top. Let stand for 10 minutes before eating.

Jean Johnson

QUICHE LORRAINE PIE

- | | |
|---|--------------------------------------|
| 1 (8 oz.) can Pillsbury refrigerated Italian crescent dinner rolls (or regular rolls) | 1/2 tsp. Worcestershire sauce |
| 2 eggs, beaten | 1 1/2 c. shredded Swiss cheese |
| 1 c. evaporated milk (not condensed) | 1 (3 oz.) can French-fried onions |
| 1/2 tsp. salt | 9 slices crisp fried bacon, crumbled |
| | 1 tsp. nutmeg |

Preheat oven to 325 degrees. Place crescent dough in 8- or 9-inch quiche pan, pressing pieces together to form a crust. Seal well.

Combine eggs, milk, salt and Worcestershire sauce; stir in cheese and nutmeg. Sprinkle half of onions over unbaked crust. Pour egg mixture over onions. Sprinkle the crumbled bacon and remaining onions on top. Bake at 325 degrees 40 to 45 minutes or until edges are golden brown. Allow to cool 5 minutes before serving.

Becky Diacou

TUNA QUICHE

- | | |
|--------------------------------------|----------------------|
| 1 Pet Ritz deep-dish pie crust shell | 2 eggs, beaten |
| 1 (6 1/2 oz.) can tuna dish, drained | 1 c. evaporated milk |
| 1 1/2 c. grated Cheddar cheese | 1 Tbsp. lemon juice |
| 1/2 c. onion, finely chopped | 1 tsp. chives |
| | 3/4 tsp. garlic salt |
| | 1/2 tsp. salt |
| | 1/8 tsp. pepper |

Preheat oven to 450 degrees. Thaw pie crust as package directs. Prick bottom and sides with fork. Bake on cookie sheet 5 minutes. Remove from oven; distribute tuna over crust. Sprinkle cheese and onion over tuna. Beat together eggs, milk, lemon juice and seasonings; pour over tuna mixture. Bake on cookie sheet 15 minutes. Reduce

(Continued on Page 80)

TUNA QUICHE (Continued)

oven to 350 degrees and bake an additional 12 to 15 minutes or until top is golden.

Lois Weihs

SPANISH DEVEILED EGG CASSEROLE

12 deviled egg halves	3 c. canned tomatoes
3/4 c. white rice	1 tsp. sugar
1/3 c. butter	1 tsp. salt
1/2 c. minced onion	1/4 tsp. garlic salt
1/3 c. minced celery	1/4 tsp. pepper
3 Tbsp. flour	1/2 c. buttered bread crumbs

Prepare deviled eggs. Cook rice. Preheat oven to 425 degrees. Saute onion and celery in butter until tender. Blend in flour, then tomatoes. Cook, stirring, until thickened. Add sugar, salt and pepper. Arrange rice in 12 x 8 x 2-inch baking dish. Pour on sauce. Arrange deviled eggs in sauce. Sprinkle with bread crumbs. Bake 10 to 15 minutes until bubbly. Makes 4 to 6 servings.

Marlene Angelico

CHEESE SOUFFLE

14 slices bakery-type bread (a must!)	2 (5 oz.) jars Old English cheese spread
1 stick butter	3 eggs, slightly beaten
	2 c. milk

Cream cheese and butter well. Remove crusts from bread; spread butter-cheese mixture generously on bread slices and cut into cubes. Pile into 2-quart casserole. Combine eggs and milk; pour over bread. Cover and refrigerate overnight.

Bake uncovered in a 350-degree oven 1 hour.
Serves 3 to 4.

Barbara Knobe

CHEESE STUFFED MANICOTTI

- | | |
|---|--|
| 6 manicotti shells | 2 beaten eggs |
| 1 1/2 c. shredded
Mozzarella cheese
(6 oz.) | 1/4 c. snipped parsley |
| 1 c. cream-style
cottage cheese | 1 tsp. instant minced onion |
| 1/3 c. grated Parmesan cheese | 1 (15 oz.) can spaghetti sauce
with mushrooms |
| | 1/3 c. water |

Preheat oven to 350 degrees. Cook manicotti until tender and drain.

Meanwhile, combine 3/4 cup Mozzarella cheese, cottage cheese and Parmesan cheese. Stir in eggs, parsley and onion. Combine spaghetti sauce and water; pour 2/3 cup sauce mixture into 10 x 6 x 2-inch baking dish.

Split manicotti lengthwise; open and fill with cheese mixture, using about 1/4 cup for each shell. Close and arrange in baking dish. Pour remaining sauce over and sprinkle with remaining Mozzarella cheese. Bake uncovered at 350 degrees until bubbly and heated through, 35 minutes.

Serves 3.

Debbie Talaga

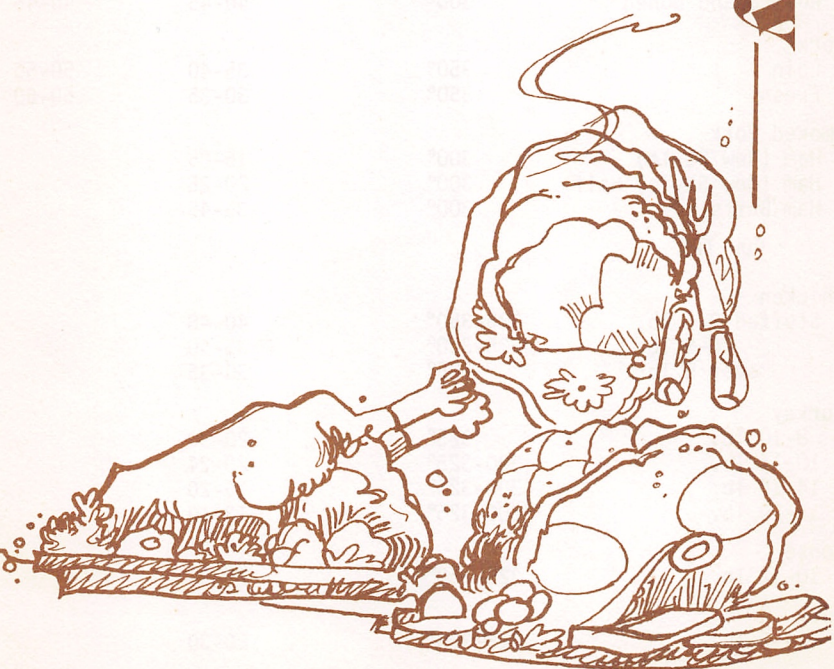
MONTEREY JACK

- | | |
|--|-------------------------------------|
| 12 oz. Jack cheese, grated | 2 eggs, well beaten |
| 6 oz. Cheddar cheese,
grated | 2 Tbsp. cream or
evaporated milk |
| 4 oz. green chili peppers
(mild), cut in strips | 1 1/2 tsp. flour |

Alternate layers of cheeses and peppers in 6 x 10- or 8 x 8-inch casserole, beginning and ending with peppers. Beat eggs, cream or milk and flour; pour over cheeses and peppers. Bake at 375 degrees 45 minutes to 1 hour. Cut into squares and serve hot. Use as an hors d'oeuvre or side dish.

Annette Raffery

Meats & Poultry



ROASTING CHART

Time in Min.
per Pound
Started Cooking
from Frozen State

MEAT

Set
Temperature

Time in Minutes
per Pound

Beef

Standing Rib 6-8 lb.

300-325°

Rare 20-30
Medium 25-35
Well Done 30-40

43
47
55

Less than 6 lb.

300-325°

Rare 26-33
Medium 34-40
Well Done 40-50

55
60
65

Rolled Ribs

300-325°

Rare 32
Medium 38
Well Done 48

53
57
65

Rump

Rolled

300-325°

25-35

55

Standing

300-325°

25-40

50

Lamb

Leg

300-325°

30-35

40-45

Rolled Shoulder

300-325°

40-45

40-45

Shoulder

300-325°

30-35

40-45

Veal

Leg

300°

25-30

40-45

Shoulder

300°

25

40-45

Rolled and Boned

300°

40-45

40-45

Pork

Loin

350°

35-40

50-55

Fresh

350°

30-35

50-60

Smoked Pork

Ham (New Style)

300°

15-25

Ham (New Style) Half

300°

20-25

Ham Butts

300°

35-45

POULTRY

Chicken

Stuffed 3-4 lb.

325-350°

40-48

4-5 lb.

325-350°

35-40

over 5 lb.

325°

30-35

Turkey

8-10 lb.

325°

20-30

10-14 lb.

300-325°

20-24

14-18 lb.

300-325°

15-20

18-20 lb.

300-325°

13-19

Goose

10-12 lb.

325-350°

25-30

Duck

4-6 lb.

325-350°

20-30



MEATS & POULTRY

BEEF BOURGUIGNON

4 c. chopped onions	1/2 tsp. thyme
2 c. sliced carrots	1/4 c. brandy, warmed
1 c. butter	2 c. beef broth
6 lb. boneless lean beef, cut into large cubes	2 c. Burgundy
1/2 c. flour	1/4 c. tomato paste
2 tsp. salt	1 1/2 c. sliced fresh mush- rooms browned in 1/4 c. butter
1/2 tsp. pepper	1 pt. cherry tomatoes

Brown the onions and carrots lightly in 1/2 cup butter in a heavy, deep 12-inch skillet. Then remove from pan. Dredge meat in mixture of flour, salt, pepper and thyme; brown in the remaining butter. It is important to brown each piece of meat on all sides; do not hurry the cooking. Brown the meat in "takes" so that you do not crowd it in the pan. When it is all browned, return all the meat to the skillet; pour the warmed brandy over the meat and ignite it. Turn meat into a large earthenware casserole or a large roasting pan.

Pour the broth into the skillet, scraping all the good brown bits together, and add to meat with onions and carrots, wine and tomato paste. Mix well, cover tightly and bake at 325 degrees 3 hours. Remove meat from sauce. Put sauce through a food mill and return meat and sauce to casserole, adding tomatoes and mushrooms. Bake another 10 minutes to heat the tomatoes.

This dish can be prepared ahead of time (without the tomatoes) and frozen until needed. When reheating, add the tomatoes 10 minutes before finished. Freezing actually enhances the flavor!

Serves 12 to 16.

Ruthanne Orsini

BEEF TENDERLOIN

Place a 3 1/2- to 4-pound beef tenderloin on rack with drip pan under. Brush meat well with a garlic-butter mixture (the amount of garlic depends on the individual). Salt and pepper meat well. Roast at 425 degrees for 30 minutes. Turn tenderloin roll over; reduce heat and cook at 300 degrees 15 minutes per pound for rare, 20 minutes per pound for medium. Baste frequently.

When drippings appear in pan, add 1 cup hot beef stock or water. Let stand 15 minutes before serving.

Serves 5 to 8.

Helen Vukadinovich

HAWAIIAN STEAK KEBABS

3/4 c. canned pineapple juice drained from 1 (20 oz.) can pineapple chunks packed in natural juices	2 tsp. brown sugar
1/4 c. corn oil	1 tsp. ground ginger
3 Tbsp. soy sauce	1 garlic clove or 1/8 tsp. garlic powder
	2-2 1/2 lb. chuck cubes or 1 chuck roast with bone (4 lb., cut into cubes)

Combine all ingredients except meat. Remove fat from steak cubes and cut them as nearly the same size as possible. Place cubes in a glass or china bowl; pour the marinade over them, cover bowl and refrigerate overnight.

Start fire in grill 1 hour before serving time. Remove meat cubes from marinade and dry them on paper towels. Put meat on metal skewers, about 10 or 12 cubes to a skewer, making sure that the skewered meat does not extend beyond the diameter of your cooking fire. Place grill 4 inches above fire when coals are ready. Place skewered meat on grill; cook 4 to 5 minutes on each side. Total cooking time is about 20 minutes.

Makes 6 servings.

Nadine DeJulio

LONDON BROIL

2 lb. flank steak	1 tsp. salt
2 Tbsp. salad oil	1 tsp. lemon juice
2 tsp. parsley, chopped	1/8 tsp. pepper
1 clove garlic, crushed	

Combine all ingredients except steak in a bowl. Trim fat from steak; wipe with damp paper towels. Lay on cutting board. Brush half of mixture on steak. Place the steak, oiled side down, on lightly greased broiler pan. Broil 4 inches from heat for 5 minutes. Turn steak, brush with remaining oil mixture and broil 4 to 5 minutes longer. Serve rare only.

Kathy Meehan

STEAKS WITH SHALLOT AND BUTTER SAUCE

4 rump or fillet steaks, 3/4 inch thick	2 oz. finely chopped shallots or spring onions
3 oz. butter	1/4 pt. dry white wine
1 Tbsp. oil	1 heaping Tbsp. chopped fresh parsley
salt	
ground black pepper	

Beat steaks to flatten slightly and wipe dry. Heat 1 ounce butter and the oil in a heavy frying pan; fry steaks fairly briskly for 4 minutes on each side. Season and transfer to hot serving dish. Add 1/2 ounce butter and shallots to the frying pan; cook gently for 2 minutes. Add wine; stir and scrape meat juices from bottom of pan. Boil until well reduced and syrupy. Take off heat and stir in remaining butter to thicken sauce. Add parsley and spoon over steaks. Garnish with watercress. Serves 4.

Sandy Gatziolis

CHEESE AND MUSHROOM MEAT LOAF

1 lb. ground chuck	1/2 c. bread crumbs
1 egg	1/4 c. chopped onion

(Continued on Page 86)

CHEESE AND MUSHROOM MEAT LOAF (Continued)

- | | |
|--|------------------------------|
| 1/2 (8 oz.) can tomato
sauce | 1/4 tsp. pepper |
| 1 small can sliced or
pieces of mushrooms | 1/4 tsp. thyme |
| 1 tsp. salt | 1/2 (8 oz.) can tomato sauce |
| | 2 slices American cheese |

Combine first 9 ingredients; form into loaf in an 8 x 8-inch pan. Bake at 350 degrees 30 minutes. Drain fat; pour remaining tomato sauce on top of loaf. Bake 30 minutes more. Just before it is done, place cheese on top and melt it in the oven. Serves 5 or 6.

Jan Coleman

TANGY MEAT LOAF

- | | |
|-------------------------------------|--------------------------|
| 1 1/2 lb. ground beef | 1 tsp. salad mustard |
| 1 1/2 Tbsp. chopped onion | salt and pepper to taste |
| 1 1/2 Tbsp. chopped green
pepper | 2 slices soft bread |
| 2 1/2 Tbsp. ketchup | 1 egg |
| | 1/3 c. milk |

Combine all ingredients in large bowl; mix well. Shape into a loaf. Put 2-3 tablespoons ketchup on the top of the loaf and spread; top with 2-3 slices bacon. Bake in oven at 325 degrees 45 minutes. Serves 4.

Carol Edmunds

STUFFED GREEN PEPPERS

Judy Repta

- | | |
|------------------------|--------------------------|
| 1 lb. ground beef | salt and pepper to taste |
| 4 medium green peppers | 1 egg |
| 1/2 c. rice, uncooked | 1 (No. 2) can tomatoes |

Clean peppers, cut off stems, cut out seeds, wash thoroughly and drain. Mix other ingredients together in a bowl (except the tomatoes); stuff peppers and cook in pot with water added (just enough to cover peppers) for about 1 hour. Add salt and pepper to taste also in this water (not too much). Add the tomatoes and simmer 30 to 40 minutes longer.

VERMONT STYLE GLAZED CORN BEEF

1 (7-8 lb.) corned beef brisket (or two 4 lb. briskets)	1 stalk celery, cut up 1 1/2 c. maple syrup 1/4 c. prepared mustard
6 peppercorns	1/2 tsp. hot pepper sauce
1 onion, sliced	1/2 c. bread crumbs
whole cloves	1/2 c. dry white wine

Put corned beef in large kettle; cover with water. Add peppercorns, onion, 4 whole cloves and celery. Gently simmer, covered, about 5 1/2 hours or just until tender. Skim surface after 1 hour.

Remove beef; score surface and stud with cloves. Put on rack in open baking pan. Heat maple syrup, mustard and hot pepper sauce, stirring until smooth. Spoon over meat. Bake at 350 degrees 15 minutes. Push bread crumbs firmly onto surface; add wine to maple syrup glaze and baste meat often. Bake 20 to 30 minutes or until tender. Serve hot in thin slices.

Makes 12 to 14 servings. Can be served with brown bread and baked beans, with red wine (Beaujolais).

Nadine DeJulio

THURINGER

5 lb. inexpensive hamburger	2 1/2 tsp. mustard seed 2 1/2 tsp. garlic salt
5 rounded tsp. Morton's Tender Quick curing salt	2 tsp. whole peppercorns 1 tsp. hickory salt or 1 tsp. liquid smoke

First day, mix all ingredients in large bowl; cover and refrigerate.

On second or third day, mix by hand. On fourth day, knead and roll into five 2 1/2-inch logs. Bake on a broiler pan at 150 degrees 8 to 10 hours, turning every 2 hours. Blot each log with paper towels and allow to cool on racks. Makes 5 rolls.

Pat Hraba

AMISH CHICKEN

1 egg	1 tsp. baking powder
1 Tbsp. water	1/2 tsp. salt
1/2 stick butter	1 tsp. paprika
1 c. flour	1 chicken, cut up

Preheat oven to 350 degrees. Melt butter and spread on bottom of cookie sheet. Beat egg and water; dip chicken in mixture. Mix dry ingredients and roll chicken in flour mixture. Bake 45 minutes on each side.

Celeste Barca

CHICKEN WITH ARTICHOKE

1 (3 1/2-4 lb.) roasting chicken, cut up	1 envelope garlic salad dressing mix
paprika	1 (10 1/2 oz.) can condensed cream of mushroom soup
1/4 c. margarine	1 (9 1/2 oz.) can artichoke hearts, drained
1 tsp. salt	

One hour before serving, sprinkle chicken with paprika; in a large skillet, in butter, saute chicken until golden. Sprinkle with salt and salad dressing mix. Stir in undiluted soup and 1/2 soup can of water. Simmer, covered, 30 minutes. Add artichokes; simmer 5 minutes or until hot. Makes 6 servings.

Barbara Knobe

CHICKEN BREASTS IN VERMOUTH

1/4 c. dry vermouth	3 whole chicken breasts, halved
1 Tbsp. leaf rosemary, crumbled	1/4 c. butter or margarine, melted
1 tsp. salt	1/4 c. undiluted frozen orange juice concentrate, thawed
1/2 tsp. pepper	

Combine vermouth, rosemary, salt and pepper; pour over chicken breasts. Marinate for 2 hours or more in the refrigerator, turning occasionally. Remove chicken from

CHICKEN BREASTS IN VERMOUTH (Continued)

marinade; combine marinade with butter and orange juice concentrate. Grill chicken breasts 5 inches from hot coals for about 30 minutes, turning and basting frequently with orange mixture. Serve with any remaining marinade heated in pan on the grill. Serves 4 to 6.

Nancy Streiff

CHICKEN CASSEROLE

4 boned chicken breasts	1 can cream of mushroom soup
1 1/2 c. chopped onion	
1 1/2 c. cooking sherry	1 can golden mushroom soup
1 can mushrooms (1 c.)	

Brown chicken breasts in butter. Place in baking dish. Combine all remaining ingredients; mix well and pour over chicken. Bake at 225 degrees for 3 hours. Serves 4.

Carol Edmunds

CHICKEN CONTINENTAL

6 lb. frying chicken pieces	dash pepper
2/3 c. seasoned flour	2 Tbsp. chopped parsley
1/2 c. butter	1 tsp. celery flakes
2 (10 1/2 oz.) cans cream of chicken soup	1/4 tsp. thyme (optional)
5 Tbsp. grated onion	2 2/3 c. water
2 tsp. salt	2 2/3 c. Minute rice
	1 tsp. paprika
	additional parsley (optional)

Roll chicken in seasoned flour and saute in butter in a Dutch oven until golden brown. Remove chicken.

Combine soup, onion and seasonings in Dutch oven. Mix well. Blend in water. Bring to a boil over medium heat, stirring constantly. Place rice in 3-quart casserole; reserve 2/3 cup of the soup mixture. Pour remaining soup mixture over rice in casserole. Stir just to moisten all the rice. Top with chicken; pour reserved soup mixture over

(Continued on Page 90)

CHICKEN CONTINENTAL (Continued)

chicken. Cover and bake at 375 degrees about 30 minutes or until chicken is tender. Sprinkle with paprika and garnish with parsley. Makes 8 servings.

Darcy Lake

CHICKEN DIVAN

- | | |
|---|---|
| 2 (10 oz.) pkg. frozen
broccoli spears | 1 tsp. lemon juice |
| 3 c. sliced, cooked
chicken | 1/2 tsp. curry powder |
| 2 cans cream of chicken
soup | 1 c. shredded American or
Cheddar cheese |
| 1 c. mayonnaise | 1/2 c. bread crumbs |
| | 1 Tbsp. melted butter |

Cook and drain broccoli; arrange in bottom of 11 x 7-inch baking dish. Cover with sliced chicken. Mix soup, mayonnaise, lemon juice and curry powder together; pour over broccoli and chicken. Spread with shredded cheese and then sprinkle with buttered bread crumbs. Bake at 350 degrees 25 to 35 minutes.

Luan Zoellner

Jean Meyer

Pam Russell

COQ AU VIN

(French Chicken Casserole Cooked in Red Wine)

- | | |
|---|----------------------------|
| 4 bacon slices, diced | 1 c. water |
| 1 (2 1/2-3 lb.) broiler-
fryer, cut up | 1/2 lb. small white onions |
| 1 envelope chicken-
flavored bouillon | 1/2 lb. small mushrooms |
| 1 c. red Burgundy wine | 1 1/2 tsp. salt |
| 5 Tbsp. all-purpose flour | 1/2 tsp. pepper |
| | parsley sprigs for garnish |

About 2 hours before serving: In 12-inch skillet over medium-low heat, fry bacon until crisp. With slotted spoon, remove bacon and set aside. In drippings in skillet over

medium-high heat, cook chicken until browned on all sides. In 2 1/2-quart casserole, blend bouillon, Burgundy wine and flour until smooth; add chicken, bacon, water and remaining ingredients except parsley. Cover and bake in a 350-degree oven 1 hour or until chicken is fork-tender, occasionally basting mixture with sauce. Garnish with parsley. Makes 4 servings.

Lee Chilingirian

CHICKEN WITH HERBS

4 garlic cloves	1/4 tsp. pepper
1 c. butter	1/2 c. fresh mint leaves
1/2 c. flour	2 frying chickens, cut up
1 tsp. salt	into serving pieces

Saute garlic in butter and remove from pan; dredge chicken in a mixture of flour, salt and pepper. Saute in garlic butter until it is tender. Remove chicken from heat; add mint, cover and let stand 3 minutes. Serve with brown rice. Makes 8 servings.

Gerda Weitzel

LEMON-BARBECUED CHICKEN

2 (2 1/2-3 lb.) broiler-fryer chickens, cut up	1 tsp. paprika
1 c. vegetable oil	2 tsp. onion powder
1/2 c. lemon juice	2 tsp. sweet basil
1 tsp. salt	1/2 tsp. thyme
	1/2 tsp. garlic powder

Place chicken pieces in shallow pan. Combine oil, lemon juice, salt, paprika, onion powder, sweet basil, thyme and garlic powder in a jar. Shake well to blend. Pour over chicken and marinate 6-8 hours or overnight. Turn once during this period.

Remove to room temperature about 1 hour before placing on the grill. Place on grill, skin side up, basting

(Continued on Page 92)

LEMON-BARBECUED CHICKEN (Continued)

often, and cook 20 to 25 minutes. Turn chicken, repeat basting and cook until done. Serves 4 to 6.

Marlene Petrie

CHICKEN LUNCHEON DISH

1 c. cooked chicken or more	1 c. cooked rice*
1 can cream of mushroom soup	1 tsp. lemon juice
1 c. diced celery	1/2 tsp. salt
1 tsp. grated onion	1/2 c. slivered almonds
	1/2 c. buttered crushed corn flakes (small amount butter)

Mix all ingredients except almonds and corn flakes, which are sprinkled on top. Bake in a 375-degree oven in casserole for 25 minutes. Serves 4.

*One and one-half cups cooked rice, simmered in chicken stock, make it dry.

Jan Coleman

ORANGE CHICKEN

Use 1 or 2 fryers or just the pieces you like. Cover with flour and season with salt and pepper. Fry until golden brown. Place in pan about 1 1/2 x 12 inches; cover with the following:

1/2 c. frozen orange juice concentrate mixed with 1/2 c. water	3 Tbsp. brown sugar
1 Tbsp. lemon juice	1 tsp. poultry seasoning
	1 tsp. marjoram
	1/2 tsp. salt

Cover and cook until tender, about 1 to 1 1/4 hours, at 325 degrees.

Serve with rice and condiments - raisins, sliced almonds, chutney, kumquats, coconut shreds.

Barbara Knobe

OVEN BAKED CHICKEN

- | | |
|---|---|
| 4 broiler-fryer chickens,
cut up | 1 clove garlic, crushed |
| 1 1/2 c. butter (or mar-
garine), melted | 4 1/2 c. corn flake crumbs
(approximately one 12 oz.
box) |
| 1 Tbsp. prepared mustard | 1 Tbsp. salt |
| 1 1/2 tsp. Worcestershire
sauce | 1/2 tsp. paprika
pepper |

Combine butter, mustard, Worcestershire sauce and garlic in shallow dish. Mix crumbs and seasonings. Dip chicken in butter mixture to coat, then dip in crumbs. Put chicken in shallow baking pans. Bake at 375 degrees 1 hour or until tender. Serves 16 to 24.

Jean Kohnke

OVEN FRIED CHICKEN

- | | |
|-----------------------|------------------------------|
| 1 stick melted butter | 1/8 tsp. rosemary |
| 1/3 c. flour | 1/8 tsp. marjoram |
| 1 1/2 tsp. salt | 1 1/4 c. crushed corn flakes |
| 1/8 tsp. thyme | 1 large fryer, cut up |

Preheat oven to 400 degrees. Combine melted butter, flour, salt, thyme, rosemary and marjoram. Dip chicken pieces first in butter mixture, then in corn flake crumbs. Place in shallow baking pan. Bake 30 minutes. Turn pieces and bake 25 more minutes or until crisp and brown.

Vana Kikos

CRUSTY CHICKEN SALAD

- | | |
|-------------------------------|-------------------------------------|
| 3 c. diced, cooked
chicken | 3/4 c. chopped green pepper |
| 3/4 c. chopped celery | 1/3 c. toasted, slivered
almonds |
| 3/4 c. sliced green
onions | 2 c. finely chopped potato
chips |
| 1 tsp. salt | 1 c. shredded Cheddar cheese |
- (Continued on Page 94)

CRUSTY CHICKEN SALAD (Continued)

1/3 c. French dressing 1/2 c. sour cream
1/2 c. mayonnaise

Sprinkle chicken and vegetables with salt and pepper; marinate in French dressing for 1 hour. Combine mayonnaise and sour cream. Add to the chicken mixture. Chill thoroughly about 1 hour.

Fifteen minutes before serving, add almonds and transfer salad to a heat-resistant 2-quart serving dish. Combine crushed chips and cheese; cover top of salad with mixture and place under broiler until cheese melts, 2 to 4 minutes. Salad stays cold. Delicious! Serves 6.

Karen McDowell

HOT CHICKEN SALAD

1 c. undiluted cream 1 tsp. grated onion
 of chicken soup 2 c. cooked rice
3/4 c. Hellmann's 1/2 tsp. salt
 mayonnaise 2 c. diced, cooked chicken
1 c. celery, cubed and parboiled

Mix all ingredients and place in casserole. Cover with:

1/2 c. crushed corn flakes 1/2 c. slivered almonds

Bake 25 minutes at 375 degrees.

This can be prepared ahead of time and refrigerated; warm just before serving.

Kay Ferino

CHICKEN AND POTATOES OREGANO

3 medium potatoes 8 medium chicken thighs
 (about 1 1/2 lb.) (about 1 1/2 lb.)
1 small onion 1/4 c. butter or margarine
vegetable cooking spray 1 1/2 tsp. salt

CHICKEN AND POTATOES OREGANO (Continued)

1/8 tsp. pepper
3/4 tsp. oregano leaves

1 Tbsp. chopped parsley for
garnish

About 45 minutes before serving: Peel potatoes, cut into 1-inch cubes. Mince onion. Spray 12-inch skillet with vegetable cooking spray as label directs. Place over medium heat. In skillet, melt butter; add potatoes, onion and chicken thighs. Sprinkle with salt and pepper. Cook about 15 minutes, gently turning potatoes often with pancake turner. Turn thighs; sprinkle with oregano and cook 10 minutes longer or until potatoes and thighs are well browned and fork tender. Sprinkle with parsley. Makes 4 servings.

Lee Chilingirian

SEVEN MINUTE CHICKEN

1 (10 3/4 oz.) can cream
of mushroom or celery
soup
1/2 c. water
1 1/2-2 c. cooked, cut-up
chicken

1 c. instant rice
1 tsp. or 1 chicken bouillon
cube
2 c. frozen peas or mixed
vegetables

In large skillet, blend soup and water; stir in remaining ingredients. Heat to boiling. Cover and simmer about 7 minutes. Stir. Makes 4 servings.

Microwave: In 2-quart casserole, blend soup and water. Stir in remaining ingredients using granulated bouillon (not cube). Cover and microwave 4 minutes on high. Stir. Continue cooking 3 to 4 minutes on high until rice is tender.

Jean Johnson

ROAST CORNISH GAME HENS

For 4 servings, buy four 12- to 15-ounce frozen game hens. Thaw, wash and pat dry. Heat oven to 425 degrees (hot). Season hens inside with salt and pepper.

(Continued on Page 96)

ROAST CORNISH GAME HENS (Continued)

Roast without stuffing or stuff each hen with 2-3 tablespoons or more, if necessary, of Wild Rice Stuffing. Place breast sides up in roasting pan. Brush hens with unsalted fat. Roast about 1 hour until fork tender, brushing hens with fat 2 or 3 times during roasting. Serve immediately.

Wild Rice Stuffing:

- | | |
|--|---|
| 1 (6 oz.) pkg. long grain
and wild rice mix | 1 (3 oz.) can chopped mush-
rooms, drained |
| 1/2 c. chopped celery | 4 Tbsp. butter or margarine,
melted |
| 1 (5 oz.) can water chest-
nuts, drained and sliced | 1 Tbsp. soy sauce |

Cook rice mix according to package directions; cool. Stir in celery, water chestnuts, mushrooms, margarine and soy sauce. Makes 4 cups stuffing, enough for 4 Cornish hens.

Karen Barba

LAMB KEBABS

- | | |
|---|--------------------------------------|
| 1 lb. lamb shoulder, cut
in 1-inch cubes | 1/2 clove garlic |
| 3/4 c. lemon juice | 1/2 tsp. thyme |
| 2/3 c. salad oil | 1 tsp. mint or 1 sprig fresh
mint |
| 2 tsp. salt | 6 small onions, cut in halves |
| 1/2 tsp. pepper | 12 large fresh mushroom caps |

Place lamb in shallow baking dish (glass) and add all the other ingredients. Mix very well and refrigerate for 24 hours, turning lamb occasionally.

Remove lamb from marinade and arrange on 10-inch skewers alternately with onions and mushrooms. Broil 15 to 20 minutes or until lamb is done. Turn Kebabs several times and brush with marinade.

Makes 4 servings.

Gerda Weitzel

HAWAIIAN PORK CHOPS

3 Tbsp. brown sugar	1/2 c. catsup
2 Tbsp. cornstarch	1 (9 oz.) can crushed pineapple
1/2 tsp. salt	1 Tbsp. soy sauce
1/4 c. chopped onion	8 large or 12 small pork loin center rib chops
1 green pepper, chopped	
3 Tbsp. vinegar	

Combine first 9 ingredients. Arrange chops in a roaster and cover with pineapple mixture. Bake at 325 degrees 2 hours and 30 minutes.

Sue Hansen

ORANGE GLAZED PORK CHOPS

6 chops	1/4 tsp. pepper
1/4 c. water	1/4 tsp. cinnamon
1 1/2 tsp. salt	1 1/2 c. orange juice
1/2 tsp. sugar	1 medium orange, thin sliced

Coat pork chops with 2 tablespoons flour. In 12-inch skillet over medium heat, brown chops. Add water, salt, pepper, cinnamon, sugar and 1 1/4 cups orange juice. Heat to boiling. Cover and simmer for 25 minutes until tender. Remove to platter and keep warm.

In a cup with fork, mix 1 tablespoon flour and remaining orange juice (1/4 cup) until blended. Gradually stir liquid into skillet; cook, stirring constantly, until thickened. Arrange chops and orange slices on warm platter and pour liquid over chops. Serve.

Judy Repta

PORK PAPRIKASH

6 pork chops	1/4 c. water
3 Tbsp. flour	1/2 c. milk
1 Tbsp. paprika	4 tsp. flour
1/2 tsp. salt	1/2 c. dairy sour cream
2 Tbsp. shortening	hot cooked noodles
1/2 c. chopped onion	

(Continued on Page 98)

PORK PAPRIKASH (Continued)

Remove bones from pork chops. Combine the 3 tablespoons flour, paprika and salt; coat meat with flour mixture. In large skillet, brown chops on both sides in hot shortening. Add onion and water; cover and simmer over low heat for 30 to 45 minutes or until tender. Remove meat to a platter; keep warm. Skim excess fat from pan juices. Combine milk and remaining flour; stir into pan juices. Cook and stir until thickened and bubbly. Stir in sour cream; heat through, but do not boil. Arrange chops atop hot noodles. Spoon sauce over top. Sprinkle with additional paprika. Serves 6.

Barb Rozovics

QUICK PORK CHOPS

6 pork chops, fat
removed

1 can onion soup

Place chops in shallow baking pan; cover with undiluted soup. Bake at 350 degrees 1 1/2 hours.

Carol Edmunds

** EXTRA RECIPE **

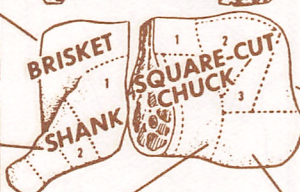
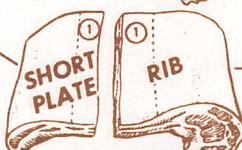
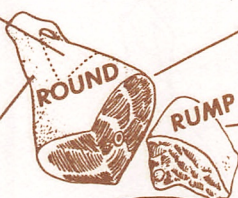
Meat Cuts and How to Cook Them

BEEF CHART

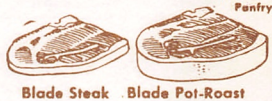
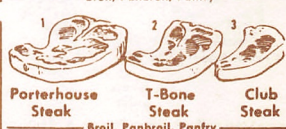
Retail Cuts



Wholesale Cuts



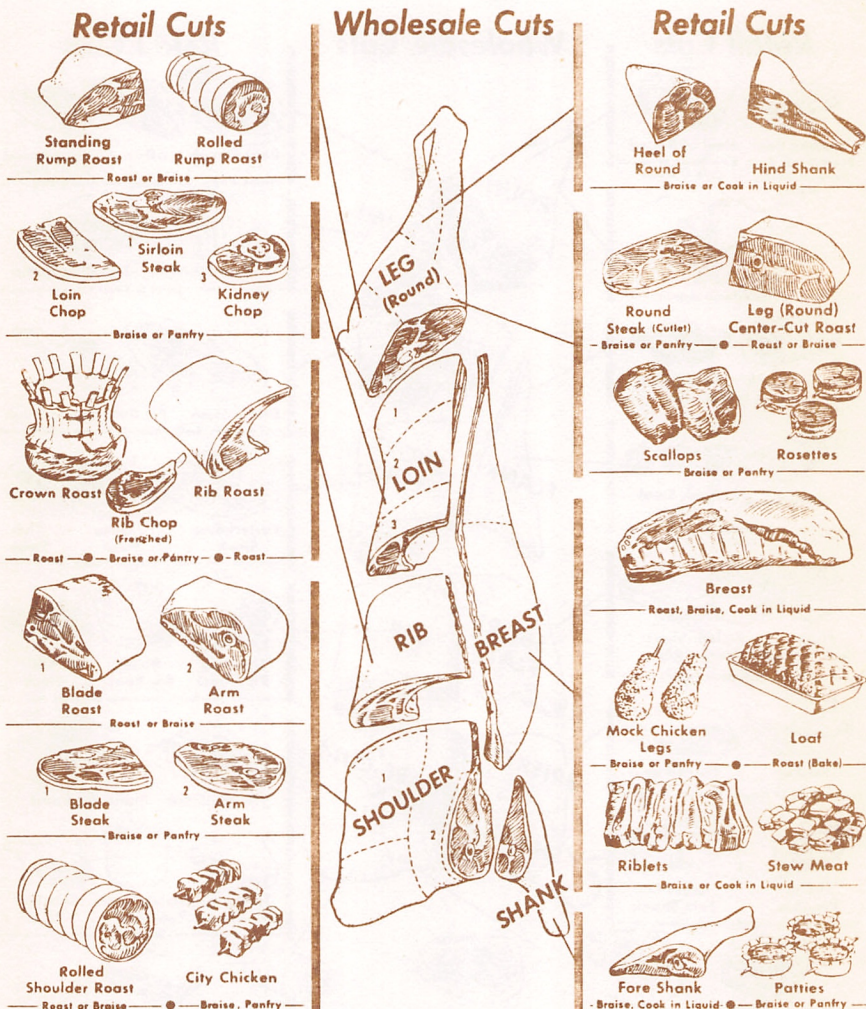
Retail Cuts



* Prime and choice grades may be broiled, panbroiled or panfried

Meat Cuts and How to Cook Them

VEAL CHART



Meat Cuts and How to Cook Them

LAMB CHART

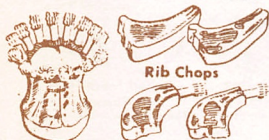
Retail Cuts



Leg of Lamb

(Three cuts from one leg)

—Roast — 1—Broil, Panbroil, Panfry — 2—Braise, —
Roast



Crown Roast

Roast — Broil, Panbroil, Panfry —

Rib Chops



Frenched Rib Chops



Square Cut Shoulder



Arm Chop

Broil, Panbroil, Panfry, Braise — Roast —



Blade Chop

Broil, Panbroil, Panfry, Braise —



Cushion Shoulder

Roast —



Saratoga Chops

— Broil, Panbroil, Panfry, Braise —



Roll Shoulder

Roast, Braise —



Boneless Shoulder Chops

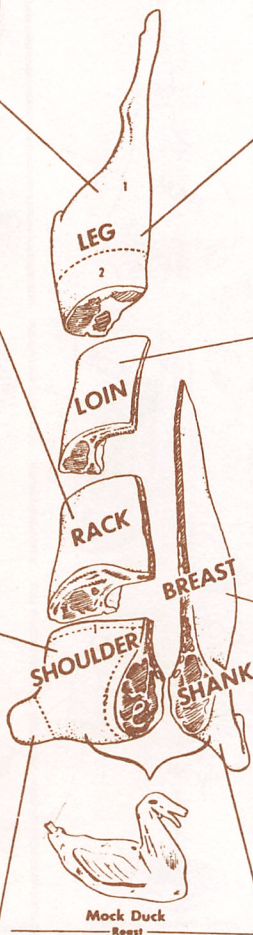
— Broil, Panbroil, Panfry, Braise —



Neck Slices

— Braise, Cook in Liquid —

Wholesale Cuts



Retail Cuts



American Leg



Boneless Sirloin Roast



Frenched Leg

Roast —



Loin Chop



English Chop



Roll Loin Roast

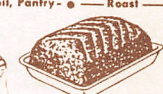
— Broil, Panbroil, Panfry —

— Roast —



Patties

Broil, Panbroil, Panfry —



Loaf

— Roast (Bake) —



Riblets

Braise or Cook in Liquid —



Stew Meat



Roll Breast

— Braise or Roast —



Breast



Shanks

— Braise or Cook in Liquid —

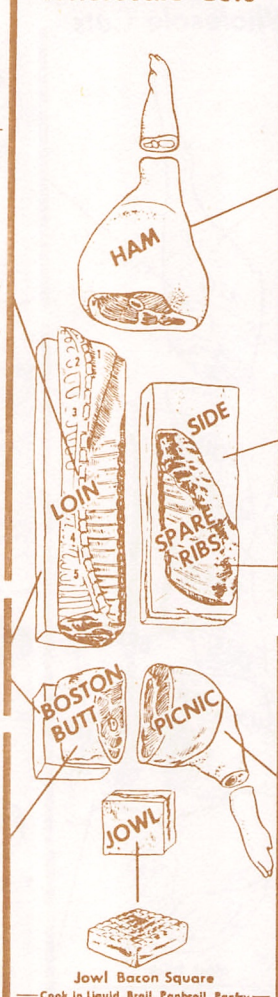
Meat Cuts and How to Cook Them

PORK CHART

Retail Cuts



Wholesale Cuts

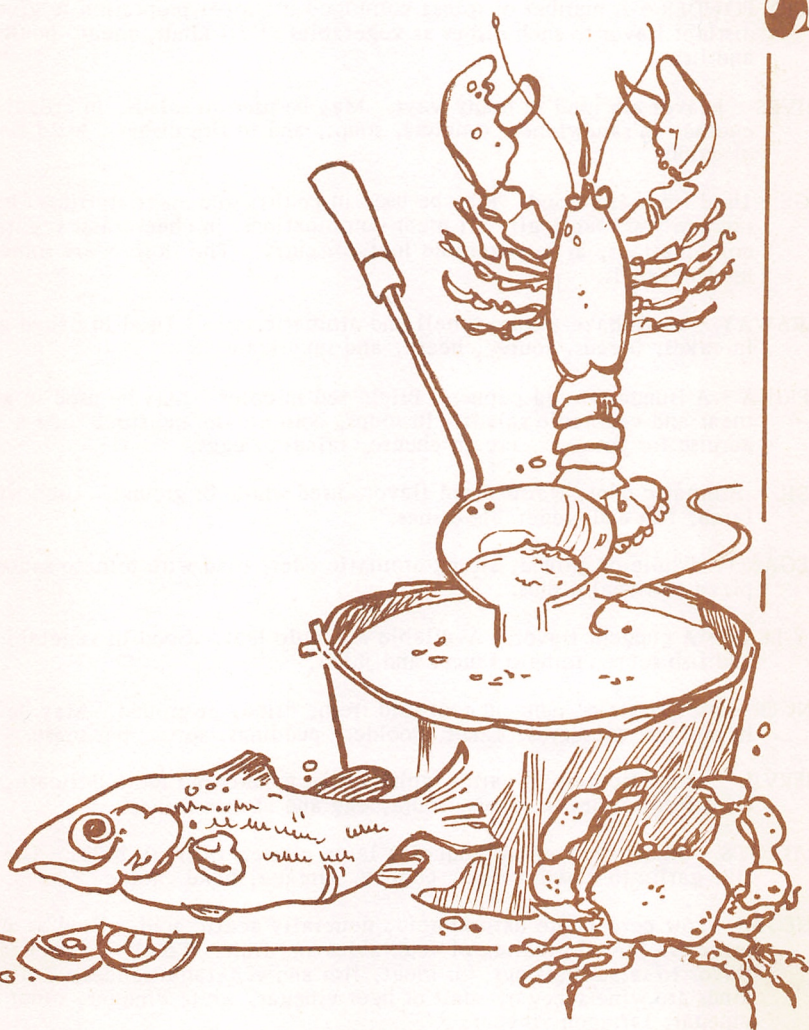


Retail Cuts



NATIONAL LIVE STOCK AND MEAT BOARD

Seafoods



HERBS AND SEEDS

- DILL** - Both leaves and seeds of dill are used. Leaves may be used as a garnish or to cook with fish. Leaves or the whole plant may be used to flavor dill pickles.
- FENNEL** - Has a sweet hot flavor. Both seeds and leaves are used. Seeds may be used as a spice in very small quantity in pies and baked goods. Leaves may be boiled with fish.
- MARJORAM** - May be used both green and dry for flavoring soups and ragouts; and in stuffing for all meats and fish.
- TARRAGON** - Leaves have a hot, pungent taste. Valuable to use in all salads and sauces. Excellent in Tartar sauce. Leaves are pickled with gherkins. Used to flavor vinegar.
- CURRY POWDER** - A number of spices combined in proper proportion to give a distinct flavor to such dishes as vegetables of all kinds, meat, poultry and fish.
- CHIVES** - Leaves are used in many ways. May be used in salads, in cream cheese, in sandwiches, omelets, soups, and in fish dishes. Mild flavor of onion.
-  **SAGE** - Used fresh and dried. May be used in poultry and meat stuffings; in sausage and practically all meat combinations; in cheese and vegetable combinations, as in vegetable loaf, or curry. The flowers are sometimes used in salads.
- CARAWAY** - Seeds have a spicy smell and aromatic taste. Used in baked goods, in cakes, breads, soups, cheese, and sauerkraut.
- PAPRIKA** - A Hungarian red pepper. Bright red in color. May be used in all meat and vegetable salads. In soups, both cream and stock. As a garnish for potatoes, cream cheese, salads or eggs.
- BASIL** - Aromatic odor, warm sweet flavor, used whole or ground. Used with lamb, fish and vegetable dishes.
- OREGANO** - Whole or ground, strong aromatic odor, used with tomato sauces, pizza and veal dishes.
- BAY LEAF** - A pungent flavor. Available as whole leaf. Good in vegetable and fish soups, tomato sauces and juice.
- GINGER** - An aromatic, pungent root sold fresh, dried, or ground. May be used in pickles, preserves, cakes, cookies, puddings, soups, pot roasts.
- CHERVIL** - Aromatic herb of carrot family, like parsley but more delicate. Used fresh or dry in salads, soups, egg and cheese dishes.
- SHALLOTS** - Small type onion producing large clusters of small bulbs. Used like garlic to flavor meats, poultry, sausage, head cheese.
- VINEGAR** - Low percentage natural acid, generally acetic acid. Used as a preservative for all pickling of vegetables and fruit. To give zest or tang flavor to salad dressings; for meat, fish and vegetable sauces. Different kinds are wine vinegar, malt or beer vinegar, white vinegar, cider vinegar, tarragon vinegar.

SEA FOODS

CRAW MORNAY WITH BROCCOLI

6-8 oz. crab, frozen or canned	1 1/2 Tbsp. flour
1/3 c. chopped celery	1/4 tsp. salt
1/4 c. chopped green onions	dash cayenne pepper
1 clove garlic, minced	milk
1 Tbsp. butter or margarine	1 Tbsp. sherry
	1/4 c. shredded Swiss cheese
	1 Tbsp. snipped chives
	cooked broccoli spears

Thaw crab if frozen. Drain and slice, reserving liquid. Saute celery, green onions and garlic in butter or margarine until tender. Blend in flour, salt and cayenne pepper. Add milk to reserved liquid to equal 1 1/4 cups. Add to skillet with sherry. Cook, stirring constantly, until mixture thickens and bubbles. Add cheese and stir until melted. Fold in crab and chives. Serve over cooked broccoli spears. Serves 2 to 3, but can be doubled easily.

Kathy Meehan

CRAW SPAGHETTI

1/4 c. butter	1 (2 oz.) can sliced mushrooms, undrained
1 clove garlic, crushed	2 c. half and half (light cream)
1/4 c. sliced celery	1 (6 oz.) pkg. frozen crabmeat, thawed
1/4 c. chopped onion	2 Tbsp. sliced ripe olives
1/4 c. chopped green pepper	2 Tbsp. dry sherry wine
1/4 c. flour	hot, cooked spaghetti
1/2 tsp. thyme	
1/2 tsp. salt	
1/8 tsp. white (or black) pepper	

Melt butter in medium saucepan; add garlic, celery, onion and green pepper. Cook until onion is soft. Stir in flour, thyme, salt and pepper. Cook until bubbly, stirring constantly. Gradually add mushrooms and cream. Cook

(Continued on Page 100)

CRAB SPAGHETTI (Continued)

over medium heat, stirring constantly, until thick. Stir in crabmeat, olives and sherry; heat thoroughly. Serve over hot, cooked spaghetti. Sprinkle with Parmesan cheese and/or chopped parsley, if desired.

Vana Kikos

FILLETS OF HADDOCK IN PINK SAUCE

1/2 c. butter	chopped parsley
3 Tbsp. flour	paprika
1/2 c. dry white wine	salt and pepper to taste
1 c. cream	6 haddock fillets
4 Tbsp. sherry	

Preheat oven to 325 degrees. Heat the butter; stir in flour and cook until slightly colored. Add the wine and stir until smooth. Gradually add cream and continue stirring until smooth and a little thick. Cook for 5 minutes; season to taste with salt, pepper and paprika. Add sherry. Place the fillets in a greased baking dish; pour sauce over them and bake for 25 to 30 minutes. Remove to heated platter and sprinkle with chopped parsley. Makes 6 servings.

Gerda Weitzel

TASTY HALIBUT

2 lb. fresh or frozen halibut steaks	1/8 tsp. pepper
3 Tbsp. cooking oil	1/8 tsp. dry mustard
1 1/2 Tbsp. lemon juice	1/3 c. crumbled French-fried onions
1/2 tsp. salt	3 Tbsp. grated Parmesan cheese
1/4 tsp. marjoram	tomato wedges for garnish
1/4 tsp. garlic salt	parsley for garnish

Thaw frozen halibut. Combine oil, lemon juice and seasonings. Pour over halibut and marinate 20 minutes, turning once. Transfer halibut to buttered baking dish. Sprinkle with French-fried onions and cheese. Bake at 450

TASTY HALIBUT (Continued)

degrees for 10 to 12 minutes or until fish flakes with fork. Garnish with tomato wedges and parsley. Makes 6 servings.

Pat Hraba

SHRIMP BROCCOLI BAKE

- | | |
|---|---|
| 3/4 lb. frozen or fresh shrimp, deveined and cleaned, or 3 (5 oz.) cans | 2 Tbsp. chopped parsley |
| 1/3 c. Italian dressing | 2 (10 oz.) pkg. frozen broccoli spears, cooked and drained |
| 1/4 c. catsup | 2 Tbsp. margarine |
| 1/4 c. finely chopped onion | 1 Tbsp. lemon juice |
| | 1/2 c. finely shredded processed American cheese (optional) |

Rinse canned shrimp, if used, in cold water; drain well. Combine and mix Italian dressing, catsup, onion and parsley. Pour over shrimp; mix carefully. Cut broccoli stems into small pieces. Arrange on bottom of shallow 1 1/2-quart baking dish. Arrange broccoli flowerets at either end of casserole. Melt margarine; stir in lemon juice. Drizzle over broccoli. Spoon shrimp mixture between broccoli flowerets. Cover with aluminum foil, crimping it to edges of dish. Bake at 400 degrees about 20 minutes or until hot. Uncover, sprinkle with cheese, if desired, and return to oven to melt cheese.

Makes 4 to 6 small servings.

Kathy Meehan

CURRIED SHRIMP (Quickie Meal)

- | | |
|------------------------------|----------------------------|
| 1 (8 oz.) pkg. cooked shrimp | 1 Tbsp. butter |
| 2-4 tsp. curry | 1 can cream of shrimp soup |
| 1/2 onion, chopped | 1 c. sour cream |

(Continued on Page 102)

CURRIED SHRIMP (Continued)

Saute onion in butter; add shrimp soup, shrimp, sour cream and curry. Cook to slight boil or until thoroughly heated. Serve over rice. Serves 3.

Becky Diacou

SHRIMP PEKING

1 lb. shelled shrimp	2 Tbsp. cornstarch
1/2 tsp. salt	3 Tbsp. peanut oil
1 egg	

Sauce:

1 tsp. chopped garlic	1 tsp. chopped red pepper
1 slice ginger, chopped	1 Tbsp. vinegar
2 Tbsp. soy sauce	2 tsp. sugar
2 Tbsp. chicken broth	8 pieces water chestnuts
1 Tbsp. dry sherry	

Sprinkle cleaned and shelled shrimp with salt; cut large shrimp in halves. Beat egg; add cornstarch and mix into a batter. Cover the shrimp in batter and be sure each is coated evenly. Heat oil in a wok or frying pan. When very hot, pour in the shrimp and quickly separate them. Stir-fry for 3 minutes over moderate heat. Remove and keep hot.

Add onion and ginger into the pan; stir-fry over moderate heat for 1 minute in remaining oil. Add remaining sauce ingredients except water chestnuts. Cook until mixture boils, stirring constantly. Return shrimp to pan; add water chestnuts and stir-fry for an additional 2 minutes. Serve immediately. Serves 2-3.

Carol C. Hendzel

SPAGHETTI NEW ORLEANS

1 (8 oz.) pkg. thin spaghetti	1 c. chicken broth
1/4 c. butter	1 c. heavy cream
1/4 c. flour	1/2 c. shredded Swiss cheese
	2 1/2 Tbsp. sherry

SPAGHETTI NEW ORLEANS (Continued)

dash white pepper	1/2 c. grated Parmesan
8 oz. sliced, broiled	cheese
mushrooms, drained	slivered almonds
1 1/2 lb. cooked, cleaned shrimp	

Cook spaghetti as directed and drain. Melt butter in large saucepan; blend in flour. Gradually add broth and cream. Cook over low heat, stirring constantly, until sauce thickens. Blend in Swiss cheese, sherry and pepper; heat and stir until cheese melts. Add mushrooms. Remove from heat; stir in cooked, cleaned shrimp. Add spaghetti to sauce. Turn into 5-quart shallow flameproof casserole and sprinkle Parmesan cheese on top. Sprinkle with the slivered almonds. Broil 3 to 4 inches from source of heat for 5-7 minutes or until lightly brown. Serves 4.

Becky Diacou

FILET OF SOLE AMANDINE

2 lb. sole, cut into filets	4 tomatoes, peeled and chopped
1/4 c. flour	1 clove garlic, minced
1 tsp. salt	1 tsp. marjoram
1/8 tsp. pepper	1 c. sliced almonds, lightly toasted
1/4 tsp. powdered caraway	1/4 tsp. salt
1/2 c. butter	sprigs parsley or watercress

Roll filets in flour mixed with salt, pepper and caraway powder. Brown in 4 tablespoons of the butter in a heavy skillet over high heat. In a saucepan, place tomatoes, garlic, majoram and remaining butter; cook and stir over medium heat for 2 minutes. Arrange sole on a warm platter; pour tomato mixture over, then sprinkle with almonds and a little salt. Garnish with sprigs of parsley or watercress. Serves 4 to 6.

Toni Vigilante

SOLE CASTELLANA

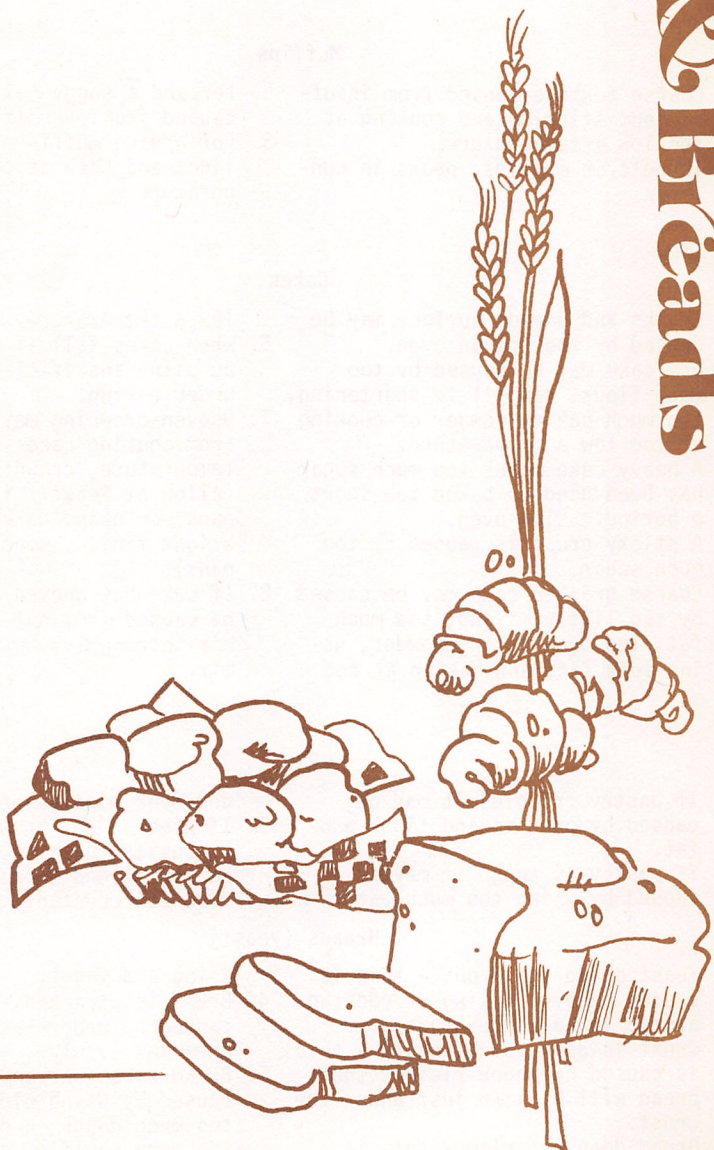
6 green onions, chopped	salt and pepper
1/2 lb. mushrooms, chopped	1/2 c. orange juice
1 lb. fillets of sole	1/2 c. white wine
1 Tbsp. soy sauce	2 Tbsp. grated orange rind

Arrange half of green onions and mushrooms in baking dish. Place fish on top. Brush fillets with soy sauce. Cover with remaining onions and mushrooms. Sprinkle with salt and pepper. Combine orange juice, wine and orange rind; pour over fish. Bake at 350 degrees for 15 minutes. Serves 2 or 4, depending on appetite!

Bo Wardrope

** EXTRA RECIPES **

Rolls & Breads



COMMON CAUSES OF FAILURE IN BAKING

Biscuits

1. Rough biscuits caused from insufficient mixing.
2. Dry biscuits caused from baking in too slow an oven and handling too much.
3. Uneven browning caused from cooking in dark surface pan (use a cookie sheet or shallow bright finish pan), too high a temperature and rolling the dough too thin.

Muffins

1. Coarse texture caused from insufficient stirring and cooking at too low a temperature.
2. Tunnels in muffins, peaks in center and a soggy texture are caused from overmixing.
3. For a nice muffin mix well but light and bake at correct temperature.

Cakes

1. Cracks and uneven surface may be caused by too hot an oven.
2. Dry cake may be caused by too much flour, too little shortening, too much baking powder or cooking at too low a temperature.
3. A heavy cake means too much sugar has been used or baked too short a period. Slow oven.
4. A sticky crust is caused by too much sugar.
5. Coarse grained cake may be caused by too little mixing, too much fat, too much baking powder, using soft fat, and baking at too low a temperature.
6. When cakes fall it may be caused by using insufficient flour or under baking.
7. Uneven browning may be caused from cooking cakes at too high a temperature, crowding the shelf (allow at least 2 inches around pans) or using dark pans (use bright finish, smooth bottomed pans).
8. If cake has uneven color it may be caused from not mixing well. Mix thoroughly, but do not over mix.

Pies

1. If pastry crumbles it may be caused by over mixing flour and fat.
2. If pastry is tough it may be caused by using too much water and over mixing the dough.
3. If pies do not brown - for fruit or custard pies use a Pyrex pie pan or an enamel pan and bake at 400-425° constant temperature.

Breads (yeast)

1. Yeast bread is porous - this is caused by over-rising or cooking at too low a temperature.
2. Crust is dark and blisters - this is caused by under-rising, the bread will blister just under the crust.
3. Bread does not rise - this is caused by over-kneading or by using old yeast.
4. Bread is streaked - this is caused by under-kneading and not kneading evenly.
5. Bread bakes uneven - this is caused by using old dark pans, too much dough in pan, crowding the oven shelf or cooking at too high a temperature.

ROLLS & BREADS

FRESH APPLE BREAD

4 c. flour	1 c. oil
2 tsp. soda	4 Tbsp. sour cream
1 tsp. salt	2 tsp. vanilla
4 eggs, beaten	2 c. chopped apples
2 c. sugar	1 c. chopped nuts

Sift flour with soda and salt. Combine eggs, sugar, oil, sour cream and vanilla; beat well. Blend in flour mixture. Fold in apples and nuts until blended. Pour into 2 greased or lined loaf pans. Bake at 350 degrees for 1 hour. Makes 2 loaves.

Jeanne Metzger

BEER BREAD

3 c. self-rising flour	1 (12 oz.) can beer
3 Tbsp. sugar	

Mix all ingredients together. Pour into greased 9 x 5 x 3-inch pan. Bake 1 hour at 350 degrees.

Lois Weihs

CAPE COD CRANBERRY BREAD

2 c. sifted flour	3/4 c. orange juice
1 c. sugar	2 Tbsp. melted shortening
1 1/2 tsp. baking powder	1 beaten egg
1/2 tsp. baking soda	1 c. chopped nuts
1 tsp. salt	1 1/2 c. raw cranberries,
2 Tbsp. grated orange rind	cut in halves

Sift together dry ingredients. Combine orange rind, juice and shortening. Add beaten egg and blend all into dry ingredients. Do not overmix. Add nuts and cranberries. Pour mixture into well-greased 9 x 5 x 3-inch loaf pan. Let
(Continued on Page 106)

CAPE COD CRANBERRY BREAD (Continued)

stand in pan 20 minutes before baking. Bake at 350 degrees for about 65 minutes. Cool and refrigerate overnight before slicing.

Barb Hameder
Jeanne Metzger

DILLY BREAD

1 packet Red Star active yeast	1 Tbsp. butter
1/4 c. warm water	2 tsp. dill seed
1 c. creamed cottage cheese lukewarm	1 tsp. salt
2 Tbsp. sugar	1/4 tsp. baking soda
1 Tbsp. instant minced onion	1 unbeaten egg
	2 1/4-2 1/2 c. sifted flour

Soften yeast in water. Combine in mixing bowl the cottage cheese, sugar, onion, butter, dill seed, salt, soda, egg and softened yeast. Add flour to form a stiff dough, beating well after each addition. Cover and let rise in warm place until light and doubled in size, 50 to 60 minutes.

Stir down dough. Turn into well-greased bread pan. Let rise in warm place until light. Bake at 350 degrees for 40 to 50 minutes until golden brown. Makes 1 loaf.

Stephanie Jackson

HERB BREAD

Use 1 loaf sliced round Italian bread. Spread each slice with margarine. Sprinkle each slice with chopped green onions (can use chives or dill) and parsley. Sprinkle each slice with garlic powder or salt and celery salt or herb seasoning. Wrap all in foil. Bake in a 400-degree oven for 15 minutes; then open foil and bake another 5 minutes.

Marlene Angelico

DATE NUT BREAD

1 pkg. chopped dates,
cut in fourths

1 tsp. soda dissolved in 1 c.
boiling water

Pour boiling water over dates and cool. Cream:

3 Tbsp. shortening
1 c. white sugar

pinch salt

Add 1 egg and mix well. Add date mixture and:

2 c. flour

1/2 c. chopped walnuts

Let batter set in pan 15 to 20 minutes before baking. Make a well in center of pan so it will rise evenly. Bake 1 1/2 hours at 350 degrees (bake 20 minutes covered and 55 minutes uncovered). Use greased 9 x 5 x 3-inch loaf pan.

Lynn Lorenz

HAWAIIAN NUT LOAF

1/2 c. butter, softened

1 tsp. baking soda

1 1/2 c. sugar

1 tsp. salt

2 eggs

1 c. chopped nuts

1 tsp. vanilla

2 c. (canned) crushed pine-
apple

4 c. sifted flour

2 tsp. baking powder

grated rind of 1 lemon
grated rind of 1 orange

Preheat oven to 350 degrees. Butter two 9 x 5-inch loaf pans. In large bowl, cream butter well; gradually add the sugar, beating until light and fluffy. Beat in eggs, one at a time. Add vanilla. Sift together flour, baking powder, baking soda and salt; then stir in the chopped nuts and coat them well. To the creamed mixture, add half the sifted flour, stirring until thoroughly moistened, then the crushed pineapple, lemon rind and orange rind in the remaining flour. Mix well until well blended. Pour batter into prepared loaf pans and bake for 50 to 60 minutes or until loaves

(Continued on Page 108)

HAWAIIAN NUT LOAF (Continued)

are golden. Cool 15 minutes in pans, then cool completely on cake rack. Wrap tightly and store in refrigerator for 24 hours to ripen flavor.

Carol C. Hendzel

NUT BREAD

2 1/2 c. sifted flour (sift before measuring)	3/4 c. sugar
3 tsp. baking powder	1/4 c. butter or margarine
1/2 tsp. salt	1 1/4 c. milk
1 egg, beaten	1 c. finely chopped walnuts or pecans
1 tsp. vanilla extract	

Preheat oven to 350 degrees. Grease a 9 x 5 x 3-inch loaf pan. Sift flour with baking powder and salt. In large bowl, combine egg, vanilla, sugar and butter; beat until well blended. Add milk, blending well. Add flour mixture, beating until smooth. Stir in nuts. Pour batter into prepared pan and bake 60 to 65 minutes or until done. Let cool in pan 10 minutes. Remove. Let cool on wire rack completely. Makes 1 loaf.

Pam Beyer

RHUBARB NUT BREAD

2 c. flour	2 c. chopped rhubarb
1 c. sugar	3/4 c. chopped nuts
1 Tbsp. baking powder	1 c. milk
1 tsp. salt	2 eggs
1 tsp. cinnamon	1/3 c. melted butter
1 tsp. grated orange rind	

Stir together flour, sugar, baking powder, salt, cinnamon and orange rind. Stir in rhubarb and nuts. Combine milk, eggs and melted butter. Make a well in center of dry ingredients and pour in milk mixture. Mix gently, but thoroughly, only until dry ingredients are moistened. Pour

RHUBARB NUT BREAD (Continued)

into greased 9 x 5-inch loaf pan; bake in a 350-degree oven at least 60 minutes. Test for doneness.

Pam Mercado

WHOLE WHEAT BANANA NUT BREAD

1/3 c. shortening	1 tsp. baking powder
1/2 c. brown sugar	1/2 tsp. soda
(or 1/4 c. honey)	1/2 tsp. salt
2 eggs	1 c. mashed ripe bananas
1 3/4 c. whole wheat flour	1/2 c. chopped walnuts

Cream shortening and sugar; add eggs and beat well. Sift dry ingredients; add to creamed mixture alternately with bananas, blending well. Stir in nuts. Pour into well-greased 9 x 5 x 3-inch loaf pan. Bake at 350 degrees 45 to 50 minutes or until well done. Remove from pan; cool. Wrap and store overnight.

Phyllis Parker

LEMON YOGURT MUFFINS

1 1/4 c. all-purpose flour	1/3 c. shortening (or softened margarine)
2 Tbsp. sugar	1 beaten egg (large)
1/4 c. wheat germ	1 (8 oz.) carton (1 c.) lemon- flavored yogurt
1/2 tsp. salt	
2 tsp. baking powder	
1/2 tsp. baking soda	

Preheat oven to 400 degrees. In bowl, thoroughly stir together flour, sugar, wheat germ, baking powder, soda and salt. Cut in shortening until mixture resembles coarse crumbs. Combine egg and yogurt; add all at once to dry ingredients, stirring just until moistened. Fill muffin cups (greased or paper lined) 2/3 full. Bake 20 to 25 minutes. Makes 12 muffins.

Vana Kikos

REFRIGERATOR BRAN MUFFINS

4 c. all-bran	2 c. boiling water
2 c. 100% bran buds	1 1/2 c. diced dates or raisins

Mix together and set aside to cool. Cream:

1 c. shortening	4 beaten eggs
2 1/2 c. sugar	1 qt. buttermilk

Sift together:

5 c. flour	1 tsp. salt
5 tsp. soda	1-2 c. walnuts (optional)

Add all to bran mixture and mix well. Bake at 375 degrees 20 to 25 minutes.

Batter may be stored in airtight can in refrigerator for 6 weeks. This makes a lot of muffins.

Pat Hraba

SIX WEEK BRAN MUFFINS

1 (15 oz.) box Post Raisin Bran	1 qt. buttermilk
1 c. Crisco oil	5 tsp. baking soda
3 c. sugar	2 tsp. salt
4 eggs, beaten	5 c. flour
	1 box raisins (optional)

Mix flakes, sugar, flour, salt and soda in large bowl. Add eggs, oil and buttermilk; mix well. (Add the raisins, if desired, and mix well.) Store covered in refrigerator until ready to use. Fill greased muffin pans 2/3 full. Bake 15 to 18 minutes at 400 degrees.

Lois Weihs

WHOLE WHEAT MUFFINS

1 3/4 c. whole wheat flour	2 1/2 tsp. baking powder
1/4 c. brown sugar	3/4 tsp. salt

WHOLE WHEAT MUFFINS (Continued)

1 egg
3/4 c. milk

1/3 c. oil or melted
shortening

Sift dry ingredients into bowl; make well in center. Combine egg, milk and oil; add all at once to dry ingredients. Stir quickly just until dry ingredients are moistened. Fill greased or lined muffin pans 2/3 full. Bake at 400 degrees about 25 minutes. Makes 12.

Phyllis Parker

NATURAL WHEAT BREAD

3 3/4 c. whole wheat
flour
1 1/4 c. lukewarm water
3 Tbsp. honey

1 tsp. salt
2 Tbsp. cooking oil
1 Tbsp. yeast

Mix all ingredients; knead a few minutes. Let rise until double, 1 to 1 1/2 hours. Punch down. Put into greased loaf pan. Let rise 30-40 minutes. Bake at 325 degrees for 40 minutes. Makes 1 loaf.

Cathy Bloss

POTATO BUNS

1 c. mashed potatoes
1 cake yeast
1/2 c. butter

1 c. sugar
1 c. lukewarm water
5 c. flour

Dissolve yeast in lukewarm water. Mix mashed potatoes and sugar in large bowl; add beaten eggs. The whole mixture should be lukewarm. Then add water and yeast, then melted butter. Mix well. Add flour, a cup at a time, stirring until you can knead it with hands. It is very important to keep the dough warm, not hot. Knead until nice and light. You may have to add a little more flour. Place in greased bowl or pan; let rise until double. Knead again and roll out on floured board to 1/2 inch thick; cut out
(Continued on Page 112)

POTATO BUNS (Continued)

with biscuit cutter. Place on greased baking sheets 2 inches apart and let rise until double. Bake in a 400-degree oven until light brown. Makes 3 dozen. Use 3 baking sheets.

Jeanne Metzger

PUMPKIN BREAD

3 1/3 c. flour	1 1/2 tsp. cloves
3 c. sugar	1 c. cooking oil
2 tsp. baking soda	2/3 c. water
1/2 tsp. baking powder	2 c. pumpkin
1 1/2 tsp. salt	4 eggs, unbeaten
3 tsp. cinnamon	1 c. walnuts
2 tsp. nutmeg	1 tsp. vanilla

Sift dry ingredients and put all in large mixing bowl. Add oil, water, eggs, pumpkin and vanilla. Beat well with mixer until smooth. Pour into 3 loaf pans, greased (or 4 small ones, depending on size of pans); fill 1/2 to 2/3 full. Bake at 350 degrees 55-60 minutes. Cool in pans. (This bread freezes well.)

Darcy Lake

SUPER RICH BREAD

3 pkg. yeast	2 1/2 tsp. salt
1 tsp. sugar	1/3 c. sugar
1 c. warm water	1/3 c. melted margarine
1 c. scalded milk	2 eggs, well beaten
	6-7 c. flour

Add yeast and 1 teaspoon sugar to water; set aside. Add 1/3 cup sugar, salt and margarine to milk; when cool, add yeast. Add eggs and 4 cups flour. Beat until smooth. Add remaining flour; beat until smooth. Pour into greased loaf pan and bake 40 to 45 minutes.

Stefanie Jackson

RICH WHITE BREAD

1 cake compressed yeast	1 1/2 c. lukewarm water
1 Tbsp. sugar	1 1/2 tsp. salt
1/2 c. warm water	1/2 c. sugar
2 beaten eggs	8 c. sifted flour
1/2 c. melted butter	

Dissolve yeast and 1 tablespoon sugar in warm water; let stand for 10 minutes. Beat in egg, melted butter, water, salt and 1/2 cup sugar. Add flour until able to knead into soft dough without sticking to your hands. Put in warm place and let rise until doubled.

Punch down, knead 5 minutes more and divide into 2 loaves. Put into greased loaf pans. Let rise until doubled. Brush tops with slightly beaten egg mixed with 1 teaspoon water. Bake at 400 degrees 15 minutes; reduce heat to 375 degrees and bake 25 minutes longer. Cool on rack. Makes 2 big loaves.

Sandy Gatziolis

WHITE SODA BREAD

4 c. sifted all-purpose flour	2 Tbsp. shortening or margarine
1 tsp. salt	2 tsp. baking soda
1 tsp. sugar (optional)	1 1/2 c. buttermilk

Put flour and salt into bowl; add sugar, then rub in the fat until the mixture resembles fine bread crumbs. Make a "well" in the center and add buttermilk all at once. Stir and mix together to form a soft dough, adding milk if necessary. Turn onto a floured surface and knead lightly until smooth. Form into a round about 2 inches thick and place on greased baking sheet or in a 7-inch round cake pan. Cut a deep cross on top or 3 parallel lines, using a sharp knife. To prevent the crust from becoming hard during baking, cover top of bread with foil when the top is sufficiently brown. Rub baked bread with a little margarine or butter or wrap, while hot, in clean dry dish towel.

Kathy Meehan

ZUCCHINI BREAD

3 eggs	1 tsp. salt
2 c. sugar	1 tsp. soda
1 c. oil	1/2 tsp. baking powder
1 Tbsp. vanilla	1 Tbsp. cinnamon
2 c. zucchini (grated)	1 c. chopped nuts
3 c. flour	1 c. raisins

Beat eggs until light and creamy. Add sugar slowly and beat while adding. Add oil, vanilla and zucchini. Sift and add dry ingredients. Bake in 2 medium bread pans or 3 small bread pans at 325 degrees 1 hour.

Pam Mercado

CINNAMON COFFEE CAKE

1 1/2 c. sifted flour	1 egg
1 1/2 tsp. baking powder	1/2 c. milk
1/2 tsp. salt	3/4 c. sugar
1/2 c. butter	2 Tbsp. cinnamon
1/2 c. sugar	

Combine flour, baking powder and salt. Cream together butter, 1/2 cup sugar and egg. Add dry ingredients alternately with milk. Spread in buttered 9 x 9-inch pan. Sprinkle top with 3/4 cup sugar and cinnamon mixture. Dot butter lavishly over top and bake in a 350-degree oven 45 minutes or until brown and puffily crusty. The butter sinks into the batter and makes little rich sugary hollows. Serve at once, cut in squares.

Pam Beyer

CHERRY COFFEE CAKE

1 stick butter, room temperature (or margarine)	1 c. sifted all-purpose flour
1/2 c. sugar	1 tsp. baking powder
2 eggs	1 tsp. vanilla
	1 (21 oz.) can cherry pie filling, drained

CHERRY COFFEE CAKE (Continued)

Cream butter and sugar; add eggs, one at a time. Set aside. Sift flour and baking powder together. Mix with butter and egg mixture. Beat 2 minutes. Pour into greased 9-inch round pan; top with cherries (really load on top) and lightly press down on batter. Bake at 350 degrees 50 to 55 minutes or until it tests done. Cool. Sprinkle top with powdered sugar.

Marlene Brown

CHERRY STREUSEL COFFEE CAKE

2 sticks margarine	2 c. flour
1 c. sugar	2 tsp. baking powder
2 eggs	1 can cherry pie filling

Cream margarine; add sugar and eggs. Beat. Sift dry ingredients and add. Spread $\frac{3}{4}$ batter in greased 9 x 13-inch pan; top with cherry filling. Spread remaining dough on top. Sprinkle with topping made by blending together:

$\frac{1}{4}$ c. flour	$\frac{1}{4}$ c. sugar
2 Tbsp. margarine	

Bake at 350 degrees 45 minutes.

Barb Rozovics

COFFEE CAKE

1 c. sugar	2 c. flour
1 $\frac{1}{2}$ sticks oleo	1 tsp. soda
2 eggs	1 tsp. baking powder
1 c. sour cream	pinch salt

Cream sugar and oleo. Sift together flour, soda, baking powder and salt. Mix all ingredients together.

Nut Mixture:

1 tsp. vanilla	$\frac{1}{2}$ c. chopped nuts
	(Continued on Page 116)

COFFEE CAKE (Continued)

1/4 c. sugar

3/4 tsp. cinnamon

Put 1/2 batter into buttered pan; sprinkle with 1/2 Nut Mixture on top. Add remaining batter, then remaining Nut Mixture. Bake at 350 degrees 45 minutes. Use greased tube pan.

Annette Rafferty

SOUR CREAM COFFEE CAKE

1 c. butter

2 c. flour

2 c. sugar

1 Tbsp. baking powder

2 eggs

1/4 tsp. salt

1 c. sour cream

1/2 tsp. vanilla

Mix separately:

1 c. chopped pecans

4 tsp. sugar

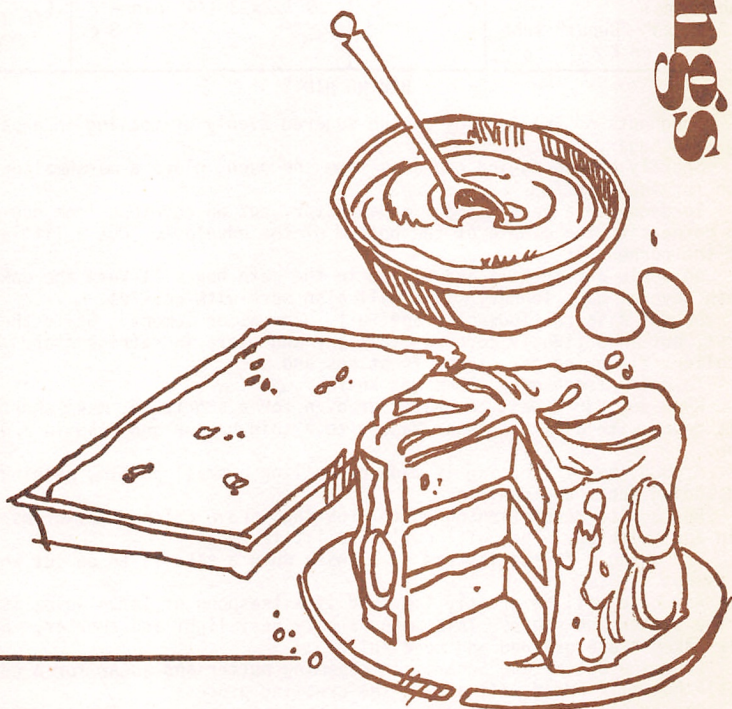
1 tsp. cinnamon

Mix butter, sugar and eggs. Add sour cream and dry ingredients. Add vanilla. Pour 1/3 of batter into well-greased Bundt pan with tube. Sprinkle with nut-cinnamon mixture. Repeat layers. Bake at 375 degrees 1 hour. Open oven door and allow to cool in oven; this allows cake to shrink from pan. Then remove immediately.

Joyce Caito

PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK

Cakes & Frostings



COMMON KITCHEN PAN SIZES WHEN THE RECIPE CALLS FOR:		TOTAL VOLUME OF VARIOUS SPECIAL BAKING PANS	
4-Cup Baking Dish: 9" pie plate 8x1 1/4" layer cake pan - C		Tube Pans: (cont) 9x3 1/2" fancy tube or "Bundt" pan J or K	
7 3/8x3 5/8" loaf pan - A		9x3 1/2" angel cake pan - I	
6-Cup Baking Dish: 8 or 9x1 1/2" layer cake pan - C		10x3 3/4" "Bundt" or "Crownburst" pan - K	
10" pie pan 8 1/2x3 5/8x2 5/8" loaf pan - A		9x3 1/2" fancy tube mold - J	
8-Cup Baking Dish: 8x8x2" sq. pan - D		10x4" fancy tube mold (Kugelhupf)-J	
11x7x1 1/2" baking pan 9x5x3" loaf pan - A		10x4" angel cake pan - I	
10-Cup Baking Dish: 9x9x2" sq. pan - D		Melon Mold: 7x5 1/2x4" mold - H	
11 3/4x7 1/2x1 3/4" baking pan		Spring-Form Pans: 8x3" pan - B	
12-Cup Baking Dish And Over		9x3" pan - B	
13 1/2x8 1/2x2" glass baking pan		Ring Molds: 8 1/2x2 1/4" mold - E	
13x9x2" metal baking pan		Charlotte Mold: 6x4 1/4" mold - G	
14x10 1/2x2 1/2" roasting pan		Brioche Pan: 9 1/2x 3 1/4" pan - F	
Tube Pans: 7 1/2x3" "Bundt" tube pan J or K			

BAKING HINTS

Doughnuts or small cakes can be sugared evenly by tossing in a paper bag with sugar.

Shortly before taking cupcakes from the oven, place a marshmallow on each for the frosting.

To decorate a cake without a decorator, cut an envelope from one of the top corners to the middle of the bottom of the envelope. Cut a little piece off the corner.

An apple cut in half and placed in the cake box will keep the cake fresh several days longer. This will also work with cookies.

Do not discard rinds of grapefruit, oranges or lemons. Grate the rinds first, put in a tightly covered glass jar and store in refrigerator. Makes excellent flavoring for cakes, frostings and such.

To cut a fresh cake use a wet knife.

When you don't want to heat your oven for a shortcake, make short biscuit dough with a little sugar added, to a thin batter and bake in a waffle iron.

A good, quick frosting is made by boiling a small potato, mashing it, and adding sugar and vanilla.

For a nice decoration on white frosting, shave colored gum-drops very thin and stick on. They will curl like little roses.

Try using a thread instead of a knife when a cake is to be cut while it is hot.

Any cake will be greatly improved if a teaspoon of lemon juice is added to the butter and sugar. This makes a cake very light and shorter. Fresh milk makes close grained and more solid.

Creaming Butter and Sugar: In creaming butter and sugar for a cake, a little hot milk added will aid in the creaming process.

Baking Pans: For best results use correct size pan. The time and oven temperature should be adjusted to the type of pan being used. For shortening type cakes, bake cupcakes at 375° for 30-35 minutes, and loaf cakes at 350° for 40-45 minutes.

CAKES & FROSTINGS

ANGEL SUPREME

- | | |
|---|--|
| 1 box Duncan Hines
2-step angel food
cake | 2 (1/2 pt.) containers
whipping cream
1 pkg. instant vanilla pudding |
|---|--|

Make cake according to package directions; cool thoroughly. Open can of pineapple; do not drain. Put in pot and stir in dry pudding. Cook over low flame until thickened; let cool. Whip cream; fold into pineapple mixture. Refrigerate for 2 hours. Cut cake in half, fill with pineapple mixture and frost with pineapple mixture.

Sandy Gatziolis

STRAWBERRY ANGEL CAKE

- | | |
|---|---|
| 1 angel food cake, cut
in 3 slices | 1 large (6 oz.) pkg. straw-
berry jello |
| 1 large pkg. sliced
strawberries, thawed | 2 (1/2 pt.) cartons whipping
cream, whipped separately |

Dissolve jello in 2 cups boiling water; when slightly syrupy, add defrosted strawberries and juice. Chill in the refrigerator, but before it becomes too thick, add 1/2 pint whipped cream and fold in thoroughly.

Place top slice of cake in bottom of large mixing bowl (about the same size of cake in diameter); place a long, straight glass in center to cover the hole in cake. Add half of thickened mixture on slice of cake and cover with second slice. Place remaining filling and finally last slice of cake on top of each other. Cover with plastic wrap and place in refrigerator overnight.

To serve, run knife around edges of bowl to bottom. Remove glass and invert onto plate. Frost outside with the other 1/2 pint whipped cream.

Light and yummy. Serves 10 to 12.

Rochelle Galluzzi

APPLE CAKE

3 eggs	1 Tbsp. cinnamon
1 3/4 c. sugar	1 tsp. baking soda
1 c. oil	1 tsp. nutmeg
1 tsp. vanilla	5 or 6 apples, peeled and cut in chunks
2 c. unsifted flour	3/4 c. coarse nuts (optional)
1/2 tsp. salt	

Blend with fork (do not use mixer) the eggs, oil, sugar and vanilla. Add dry ingredients to blended mixture. Add apples and nuts. Pour into greased 9 x 13-inch pan. Bake in preheated 350-degree oven for 1 hour.

Renee Tracy

APPLESAUCE CAKE

1/2 c. shortening	2 tsp. soda
1 c. sugar	1 tsp. vanilla
1 egg	1 c. raisins
1 c. dates, cut up	1/2 tsp. cinnamon
1 c. nuts, chopped	1/4 tsp. ground cloves
2 c. applesauce	2 c. flour

Cream shortening; add sugar, egg and applesauce. Add vanilla. Fold in sifted dry ingredients and raisins. Bake in greased loaf pan about 1 hour at 350 degrees.

Kay Ferino

WALNUT-BANANA CAKE

2 1/2 c. cake flour (works with all- purpose flour, too)	1/2 c. buttermilk
2 1/2 tsp. baking powder	1/2 c. (1 stick) butter or margarine
1/2 tsp. baking soda	1 1/4 c. sugar
1/2 tsp. salt	2 eggs
1/2 tsp. ground cinnamon	1/4 tsp. vanilla
1 c. mashed ripe bananas (2 medium-sized)	3/4 c. chopped walnuts
	Rum Butter Cream

WALNUT-BANANA CAKE (Continued)

Grease two 9-inch layer cake pans; dust with flour. Tap out any excess.

Sift flour, baking powder, baking soda, salt and cinnamon onto waxed paper. Stir buttermilk into mashed bananas in a small bowl; reserve.

Beat butter or margarine, sugar and eggs in the large bowl of electric mixer at high speed 3 minutes. Remove bowl from mixer. Stir in flour mixture alternately with banana-milk mixture, beating after each addition until batter is smooth. Stir in vanilla and 1/4 cup chopped nuts; pour batter into prepared pans. Bake in moderate oven, 350 degrees, 30 minutes or until centers spring back when lightly pressed with fingertip.

Cool layers in pans on wire racks 10 minutes; loosen around edges with a knife and turn out onto wire racks; cool completely. Put layers together with Rum Butter Cream. Frost sides and top with remaining frosting. Press remaining 1/2 cup nuts on sides.

Rum Butter Cream:

1/2 c. (1 stick) butter	2 Tbsp. milk
or margarine	2 Tbsp. rum
1 pkg. confectioners	1 1/2 tsp. vanilla
sugar, sifted	

Beat butter in medium-sized bowl until soft with mixer at high speed. Add confectioners sugar alternately with milk, rum and vanilla until smooth.

Bo Wardrobe

CARROT CAKE

3 c. flour	1/2 tsp. salt
2 tsp. baking powder	2 c. sugar
2 tsp. baking soda	1 1/2 c. oil
3 tsp. cinnamon	4 eggs, well beaten

(Continued on Page 120)

CARROT CAKE (Continued)

- | | |
|----------------------------|------------------------|
| 2 c. grated carrots or | 1/2 c. chopped walnuts |
| 3 jars junior baby carrots | |

Sift all dry ingredients together. In another bowl, beat oil and sugar until sugar dissolves. Then add the dry ingredients. Beat in eggs. Fold in nuts and carrots. Pour into ungreased tube pan. Bake at 350 degrees 1 1/4 hours. Do not open oven for at least 1 hour while baking. Cool 1/2 hour in pan; sprinkle with powdered sugar.

Barb Hameder

DOT'S CARROT CAKE

- | | |
|-------------------------------------|---|
| 4 eggs | 2 c. sifted flour |
| 3 jars strained carrot
baby food | 2 tsp. baking soda |
| 1 1/4 c. oil | 1 c. diced walnuts |
| 2 c. sugar | 1 small can crushed pine-
apple, drained |
| 2 tsp. vanilla | |

Mix well together the eggs, carrot baby food, oil, sugar and vanilla. Sift together flour and baking soda; add to wet mixture and mix well. Add walnuts and drained, crushed pineapple. Pour into greased and floured 9 x 13-inch pan. Bake at 350 degrees 1 hour.

Frosting:

- | | |
|---|--------------------------|
| 4 oz. cream cheese,
room temperature | 1 tsp. vanilla |
| 1 stick margarine, room temperature | 1 c. confectioners sugar |

Mix all together until creamy.

Marlene Brown

KATHY'S CARROT CAKE

- | | |
|----------------------|-----------------|
| 2 c. flour | 1 tsp. soda |
| 1 tsp. baking powder | 1 tsp. cinnamon |

KATHY'S CARROT CAKE (Continued)

1/2 tsp. salt	4 eggs
1 1/2 c. salad oil	2 c. carrot baby food or
2 c. sugar	grated carrots

Mix first 5 ingredients; set aside. Mix salad oil and sugar; add eggs, one at a time, beating well after each one. Gradually add dry mixture and mix well. Add carrots and mix well. Bake at 350 degrees 50 minutes in greased 9 x 12-inch pan or a Bundt pan.

Iris Henderson

CARROT WALNUT LOAF CAKE

Vana Kikos

1 c. vegetable oil	1 1/2 tsp. baking soda
3/4 c. sugar	1 1/2 tsp. ground cinnamon
2 eggs	1/2 tsp. salt
1 tsp. vanilla	1 1/2 c. grated carrots
1 1/2 c. sifted all-purpose flour	1-1 1/2 c. finely chopped walnuts
	Lemon Glaze

Grease 9 x 5 x 3-inch loaf pan; dust with flour and tap out excess.

Combine vegetable oil, sugar, eggs and vanilla in a large bowl. Sift dry ingredients together; add to above. Add carrots and walnuts; mix just until blended. Turn into prepared pan. Bake at 350 degrees about 1 hour or until center springs back at touch. Cool in pan 10 minutes; turn out onto wire rack and cool completely. Top with Lemon Glaze.

Lemon Glaze:

1/2 c. powdered sugar	1 Tbsp. lemon juice
1 tsp. grated lemon rind	

Combine in small bowl; stir until smooth. Drizzle over top and sides of Walnut Cake.

Best if refrigerated or frozen before served.

CHOCOLATE ECLAIR CAKE

graham crackers	3 c. milk
2 pkg. French vanilla instant pudding	1 (9 oz.) container Cool Whip

Butter bottom and sides of 9 x 13-inch pan. Line pan with whole graham crackers. Beat pudding and milk, then add Cool Whip. Mix well and pour 1/2 mixture over the crackers. Top with more crackers. Use rest of pudding and top with graham crackers (3 layers crackers all together).

2 oz. bitter chocolate, melted	2 tsp. vanilla
2 Tbsp. light Karo syrup	3 Tbsp. butter
	3 Tbsp. milk
	1 1/2 c. confectioners sugar

Beat all together and spread over top of graham crackers. Refrigerate 24 hours before serving.

Serves 10 to 12.

Marlene Angelico
Luan Zoellner

JONI'S COCONUT CAKE

6 egg whites, beaten stiff	1/2 tsp. cream of tartar
----------------------------	--------------------------

Mix on high speed. Gradually beat in 1 1/2 cups sugar on low. Fold in 50 Ritz crackers, broken up small. Fold in 1 cup chopped walnuts or pecans. Bake in a 350-degree oven for 30 minutes in 9 x 13-inch pan. Cool.

Whip 1 pint whipping cream until stiff with:

1 tsp. vanilla	1 tsp. powdered sugar
----------------	-----------------------

Spread over cake; sprinkle with coconut. Chill overnight.

Marlene Angelico

MOM'S DREAM CAKE

- | | |
|--|-----------------|
| 1 pkg. yellow cake mix | 4 eggs |
| 1 pkg. Dream Whip
(right from envelope) | 1 c. cold water |

Combine cake mix, Dream Whip, eggs and water in large bowl; blend until moistened. Beat 4 minutes at medium speed. Grease and flour a 10-inch tube pan; pour batter into pan and bake 45 to 50 minutes in a 350-degree oven. Frost, if desired, or sprinkle with powdered sugar.

Marlene Brown

DOUBLE CHOCOLATE CHIP CAKE

- | | |
|-------------------------------------|------------------------------------|
| 1 pkg. devil's food
cake mix | 1 (12 oz.) pkg. chocolate
chips |
| 1 pkg. instant chocolate
pudding | 1 3/4 c. milk |
| | 2 eggs |

Hand mix until well blended. Pour into greased and floured tube pan. Bake at 350 degrees 50 to 55 minutes. Cool 15 minutes in pan before removing. Serves 8 to 10.

Luan Zoellner

FLAN CAKE

- | | |
|--------------------------------|----------------------------------|
| 1 pkg. Jiffy cake mix | 1 1/2 c. milk |
| 1 (8 oz.) pkg. cream
cheese | 1 pkg. French vanilla
pudding |

Prepare cake mix as directed. Blend cream cheese with milk; blend with pudding. Layer Flan Cake with pudding, layer of peaches and Cool Whip. Sprinkle with nuts.

Jean Johnson

HEATH BAR CAKE

1 c. brown sugar	1 tsp. baking soda
1/2 c. white sugar	1 egg
1/4 lb. margarine	1 c. buttermilk or sour milk
1 tsp. vanilla	5 or 6 Heath bars
2 c. flour	1/2 c. chopped nuts

Mix first 6 ingredients like you would for pie crust. Set 1/2 cup mixture aside. To rest of mixture, add egg and buttermilk or sour milk. Pour into greased oblong pan. Crumble the Heath bars; mix the nuts, 1/2 cup reserved mixture and crumbled Heath bars. Sprinkle over top of cake. Bake in a 350-degree oven for about 25 minutes. Top with whipping cream.

Annette Rafferty

NUN'S CAKE

1 c. butter	2 1/2 tsp. baking powder
1 1/2 c. sugar	1 tsp. salt
4 eggs, separated	1 tsp. vanilla
3 c. flour	3/4 c. milk

Cream butter; add sugar gradually. Add egg yolks, one at a time. Add sifted dry ingredients alternately with milk. Beat egg whites to form soft peaks; add to rest of batter. Use round torte pan. Bake 1 hour at 350 degrees.

Judy Repta

PAULA'S PUMPKIN CAKE

1 pkg. regular spice cake mix	3 large eggs
1 c. canned pumpkin	1/2 c. salad oil
1 pkg. instant vanilla pudding	1 Tbsp. cinnamon
	1/2 c. water
	3/4 c. pecans, if desired

Combine all ingredients in mixing bowl; beat at medium speed for 5 minutes. Pour into greased and floured Bundt pan. Bake at 350 degrees for 45 to 60 minutes. Cool

PAULA'S PUMPKIN CAKE (Continued)

for 10 minutes. Loosen edges and turn onto a cake rack. Sprinkle with powdered sugar. Yummy.

Kriss Simms

RED VELVET CAKE

1/2 c. vegetable shortening	1 tsp. salt
1 1/2 c. sugar	2 1/2 c. sifted cake flour
2 eggs	1 c. buttermilk
2 tsp. cocoa	1 tsp. vanilla
2 oz. red food coloring	1 1/2 tsp. vinegar
	1 tsp. soda

Beat shortening, sugar and eggs 10 minutes at high speed. Make a paste of cocoa and coloring. Blend thoroughly into creamed mixture. Mix salt into flour; add to batter alternately with buttermilk and vanilla, starting and ending with flour. Combine vinegar and soda; carefully fold (do not beat) into batter. Bake in 2 greased 9-inch layer pans in a 350-degree oven 30 minutes or until cake tests done. Cool.

Whipping Topping:

5 Tbsp. flour	1 c. granulated sugar
1 c. milk	1 tsp. vanilla
1 c. butter	

Stir flour and milk over heat until thick. Cool. Cream together butter, sugar and vanilla until light and fluffy. Beat cooled milk into creamed mixture at high speed until light. It should resemble whipped cream. Spread over Red Velvet Cake.

Celeste Barca

RHUBARB CAKE

2 c. brown sugar, packed	3 1/2 c. sifted flour
2/3 c. margarine	2 tsp. baking soda
2 eggs	2 tsp. vanilla
	4 c. chopped rhubarb

Mix in order given and press into pan. Will be very thick and heavy.

Topping:

2/3 c. brown sugar	1/2 c. chopped nuts
2 tsp. cinnamon	

Mix together and sprinkle over batter. Bake at 350 degrees 50 minutes. Use 13 x 9 x 2-inch pan. Serves 8.

Jean Kohnke

FRESH RHUBARB CAKE

1/2 c. shortening	2 c. whole wheat flour
1 1/2 c. brown sugar	1 tsp. cinnamon
1 egg	1 tsp. vanilla
1 c. sour milk or buttermilk	1 1/2 c. raw rhubarb, cut fine
1 tsp. soda	pinch salt

Cream shortening and sugar; add egg. Combine soda and milk. Alternately add milk-soda mixture and dry ingredients to creamed mixture. Stir in rhubarb and vanilla. Bake in greased 9 x 13-inch pan at 350 degrees for 30 to 40 minutes. Serves 12.

Phyllis Parker

RUM CAKE

1 pkg. yellow cake mix	1/2 c. salad oil
1 pkg. instant vanilla pudding	1/2 c. water
4 eggs	1/2 c. rum
	1/2 c. chopped pecans

RUM CAKE (Continued)

Mix all ingredients except nuts for about 2 minutes. Arrange pecans on bottom of greased tube pan and pour in batter. Bake at 325 degrees for 1 hour. As soon as you remove from oven, pierce with a toothpick or fork and pour glaze over.

Glaze:

1/2 stick butter or
margarine
1/3 c. sugar

1/8 c. water
1 oz. rum

Boil butter, sugar and water for 1 minute; remove and add rum.

Jane Koszewski

WATERGATE CAKE

1 pkg. white cake mix
1 c. 7-Up
1 pkg. instant pistachio
pudding mix

1 c. chopped pecans
3 eggs, beaten
3/4 c. oil
1/2 c. coconut (optional)

Combine in order and mix well. Pour into buttered and floured 9 x 13-inch pan. Bake at 350 degrees for 45 minutes.

Watergate Cake Topping:

2 envelopes (3 oz.)
whipped topping mix
1 1/2 c. milk

1 pkg. instant pistachio
pudding mix
3/4 c. chopped pecans
1/2 c. coconut (optional)

Beat together whipped topping mix, milk and pudding until thick. Spread over cake. Sprinkle pecans and coconut on the top.

Pat Demonte

NANCY'S YUM YUM CAKE

Mix 1 package yellow cake mix and put in jellyroll pan. Bake 15 to 20 minutes at 350 degrees. Let cool.

1 (5 1/2 oz.) pkg. instant vanilla pudding	2 c. milk 8 oz. softened cream cheese
---	--

Mix pudding with milk; blend with mixer until thick. Add cream cheese and spread on cake.

Mix 1 or 2 number 303 cans drained, crushed pineapple with 1 large container Cool Whip or 2 packages mixed Dream Whip. Spread on top of pudding-cream cheese layer. Sprinkle on top of cake:

1 c. coconut	1 c. chopped walnuts
1 c. chopped cherries	

Nancy Streiff

YUM-YUM CHOCOLATE CAKE

1 box Duncan Hines fudge cake mix	1/2 c. warm water 4 eggs
1 pkg. instant chocolate pudding	1 1/2 c. semi-sweet chocolate chips (add at end)
1 c. sour cream	

Mix ingredients together. Grease and flour any cake pan of your choice. Bake in preheated 350-degree oven for 50 to 60 minutes. Cool in pan before taking out of pan. Sprinkle with powdered sugar.

Becky Diacou

CREAM CHEESE FROSTING

1 (3 oz.) pkg. cream cheese	2 c. powdered sugar 1/2 stick margarine
--------------------------------	--

Blend all ingredients together.

Carol C. Hendzel

CREAMY CHOCOLATE FROSTING

1/2 c. softened butter
2 eggs

1 pkg. melted chocolate
chips

Beat butter and eggs together. Add melted chocolate chips and beat until thick.

Juanita Sigg

CREAMY WHITE FROSTING

2 Tbsp. flour
1/2 c. milk

pinch salt

Cook until thick; set aside to cool. Cream together:

1/4 c. soft butter
1/4 c. Crisco

1 tsp. vanilla
1/2 c. sugar

Add cooled, cooked flour mixture to creamed mixture. Beat until fluffy.

Juanita Sigg

** EXTRA RECIPE **

** EXTRA RECIPES **

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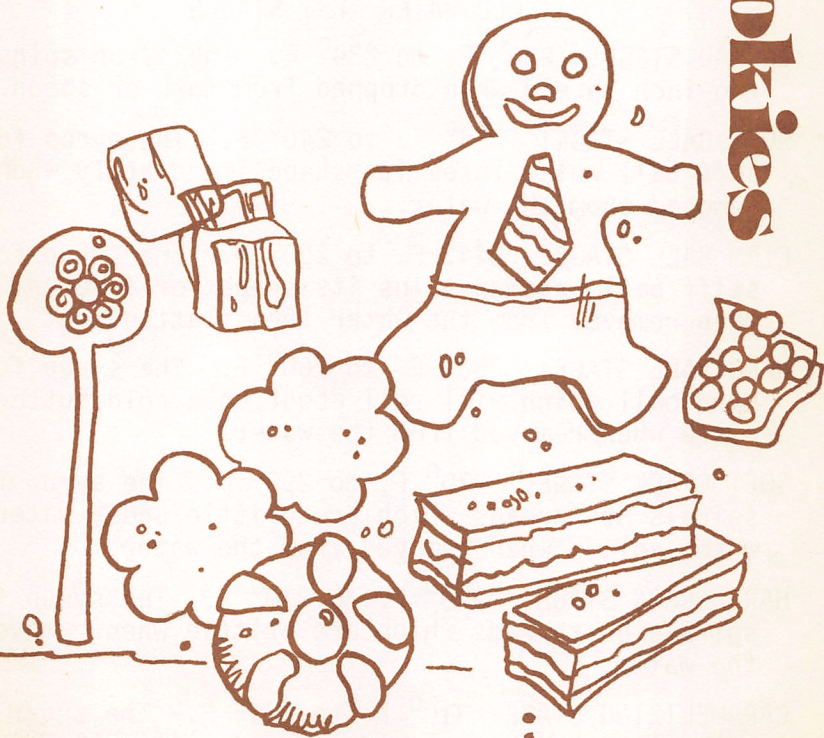
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IN THIS BOOK

Candies & Cookies



CANDY TEMPERATURE CHARTS

There are two methods to determine when candy has cooked to the proper consistency. One is to use a candy thermometer, and the other is the cold water test. These charts will help in following candy recipes.

TYPE OF CANDY	DEGREES	COLD WATER
Fondant, Fudge	234 - 238 ⁰	Soft Ball
Caramels, Divinity	245 - 248 ⁰	Firm Ball
Taffy	265 - 270 ⁰	Hard Ball
Butter Scotch	275 - 280 ⁰	Soft Crack
Peanut Brittle	285 - 290 ⁰	Hard Crack
Caramelized Sugar	310 - 321 ⁰	Caramelized

When using the cold water test, use a fresh cup of water for each test. When testing, remove the candy from the heat and pour about 1/2 teaspoon of candy into the cold water. Pick up the candy with fingers and try to roll into a ball.

COLD WATER TEST STAGES

THREAD STAGE: 230⁰ F. to 234⁰ F. The syrup spins to two-inch thread when dropped from fork or spoon.

SOFT BALL STAGE: 234⁰ F. to 240⁰ F. The syrup forms a soft ball which loses its shape immediately when removed from the water.

FIRM BALL STAGE: 244⁰ F. to 250⁰ F. The syrup forms a stiff ball which retains its shape for a second or two when removed from the water then flattens out.

HARD BALL STAGE: 250⁰ F. to 260⁰ F. The syrup forms a hard ball which will roll about on a cold buttered plate when removed from the water.

SOFT CRACK STAGE: 270⁰ F. to 290⁰ F. The syrup forms spirals or threads which are brittle under water but which soften when removed from the water.

HARD CRACK STAGE: 300⁰ F. to 310⁰ F. The syrup forms spirals or threads which are brittle when removed from the water.

CARAMELIZING STAGE: 310⁰ F. to 321⁰ F. The sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.

CANDIES & COOKIES

BARBARA'S IRISH CHOCOLATES

2 (1 lb.) boxes confec-
tioners sugar

4 sticks butter (1 lb.)

4-6 Tbsp. rum

2 c. chopped pecans or
walnuts

2 large pkg. semi-sweet
chocolates

1 standard-sized paraffin bar*

Cream butter and sugar; add rum and pecans. Shape into small balls and place on waxed paper. Place in refrigerator for 1 hour.

Melt chocolate and paraffin in double boiler. Cool mixture slightly. Use toothpicks to dip balls into chocolate. Place on waxed paper and cool. Store in cool, dry place. Yield: 100 balls.

*Paraffin is a hardener for the chocolate and is used in candy making.

Note: You may add more rum and also add mint flavoring to the chocolate.

Barbara Knobe

CREAMY FUDGE

2 pkg. chocolate chips
(12 oz. each)

1 jar Marshmallow Fluff
(7 1/2 oz.)

1-2 c. walnuts, broken

1 tsp. vanilla

1/2 lb. margarine

4 1/2 c. granulated sugar

1 (13 oz.) can evaporated milk
(I use Carnation milk)

Put chips, Marshmallow Fluff, margarine and vanilla into bowl; mix well. Set aside. In 3-quart pot, pour milk and sugar; mix well. Heat over medium flame, stirring constantly. Boil 10 minutes; then pour boiling mixture into chocolate mixture. Mix well. Add desired amount of nuts and pour mixture into buttered pan.

May add coconut, Rice Krispies, dates, raisins or peanut butter for variety.

Jane Koszewski

FUDGE MELTAWAYS

1/2 c. butter	1 c. coconut
1 (1 oz.) sq. chocolate	1/2 c. chopped nuts
1/4 c. granulated sugar	1/4 c. butter
1 tsp. vanilla	1 Tbsp. milk
1 egg, beaten	2 c. sifted confectioners sugar
2 c. graham cracker crumbs	1 tsp. vanilla
	1 1/2 (1 oz.) sq. chocolate

Melt 1/2 cup butter and 1 square chocolate. Blend granulated sugar, 1 teaspoon vanilla, egg, crumbs, coconut and nuts into butter-chocolate mixture. Mix well and press into ungreased 11 1/2 x 7 1/2 x 1 1/2-inch baking pan or a 9-inch square pan. Refrigerate.

Mix 1/4 cup butter, milk, confectioners sugar and 1 teaspoon vanilla. Spread over crumb mixture. Chill. Melt 1 1/2 squares chocolate and spread evenly over chilled filling. Chill again. Cut into tiny squares before completely firm. Yield: 3-4 dozen squares.

Lois Weihs

NUT GOODY BARS

1 large pkg. butterscotch chips	1 pkg. salted peanuts
1 large pkg. chocolate chips	1 (10 oz.) pkg. miniature marshmallows
1 c. chunky peanut butter	1 c. Rice Krispies

Melt chips and peanut butter in large bowl over hot water. Add remaining ingredients and mix together. Put in 9 x 13-inch pan lined with waxed paper. Allow to cool before cutting.

Pat Demonte

O'HENRY BARS

4 c. oatmeal	1 c. Crisco shortening
1/2 c. light Karo syrup	1 small pkg. chocolate chips
1 c. brown sugar	3/4 c. peanut butter

O'HENRY BARS (Continued)

Mix together first 4 ingredients (your hands work best). Press evenly into 9 x 13-inch pan. Bake at 350 degrees for 10 to 15 minutes.

Melt chocolate chips; add peanut butter and mix together well. Spread over crust and cool in refrigerator until chocolate sets. Remove from refrigerator and cut into squares.

Helen Vukadinovich

APPLE RAISIN CHEWS

- | | |
|--------------------------------|---------------------------------|
| 2 3/4 c. sifted flour | 1 egg |
| 1 tsp. salt | 1/2 c. evaporated milk |
| 2 tsp. baking powder | 1/4 c. orange juice |
| 1 c. shortening | 2 large apples, pared and cored |
| 2 c. firmly packed brown sugar | 1 Tbsp. grated orange rind |
| 1 1/2 tsp. vanilla extract | 1 c. raisins |

Sift flour with salt and baking powder. Cream shortening with sugar; add vanilla and egg. Beat well. Add dry ingredients to the creamed mixture alternately with combined evaporated milk and orange juice. Mix thoroughly. Put apples and raisins through food chopper; add grated orange rind and fold into mixture. Drop from 1/2 teaspoon onto greased cookie sheet. Bake 10 to 12 minutes at 375 degrees. Makes 12 dozen small cookies.

Barb Rozovics

BUTTER RUM CHEESE BARS

- | | |
|--|---------------------------------------|
| 1 roll refrigerated slice 'n bake butterscotch cookies | 1 (8 oz.) pkg. cream cheese, softened |
| 1/2 c. sugar | 1 egg |
| | 1/2 tsp. rum flavoring |

Slice cookie dough 1/4 inch thick; place in a small greased 8- or 9-inch pan. Bake at 375 degrees for 15 to 20

(Continued on Page 134)

BUTTER RUM CHEESE BARS (Continued)

minutes. Cool slightly (center will fall).

Cream sugar and cream cheese; add egg and flavoring. Beat until smooth. Pour cheese mixture over baked cookie base and return to 375-degree oven for 20 to 25 minutes. Cool slightly; refrigerate at least 1 hour.

Pat Demonte

BUTTER SUGAR COOKIES

1/2 lb. butter	1 tsp. vanilla
5 Tbsp. sugar	granulated sugar for dipping
2 c. flour	

Cream butter and sugar; add flour and vanilla. Roll into balls; then roll into granulated sugar. Place on ungreased cookie sheet. Flatten. Bake at 375 degrees for 10 to 12 minutes. Yield: 2 dozen.

Beverly Otto

CARROT BARS

Darcy Lake

1 c. sugar	1/2 tsp. soda
3/4 c. oil	1/2 tsp. salt
2 eggs	1 c. grated carrots
1 c. flour	1/2 c. chopped nuts
1 tsp. cinnamon	Browned Butter Frosting

Cream sugar, oil and eggs until well blended. Stir in flour, cinnamon, soda and salt. Fold in grated carrots and nuts. Pour into well-greased and lightly floured 9 x 13-inch pan. Bake in a 350-degree oven until it tests done with a wooden toothpick (25-30 minutes). Frost while warm.

Browned Butter Frosting:

6 Tbsp. butter	1 1/2 c. confectioners sugar
----------------	------------------------------

Melt butter until golden; blend in sugar. Beat in enough hot water (2-3 tablespoons) for easy spreading.

CHOCO-CHIP MERINGUES

2 egg whites	1/2 c. chocolate chips
1/4 tsp. cream of tartar	1/2 c. finely chopped nuts
dash salt	1/4 tsp. mint flavoring
2/3 c. sugar	

Beat egg whites, cream of tartar and salt until foamy. Beat in 1 teaspoon sugar. Gradually beat in remaining sugar, 1 tablespoon at a time. Beat until stiff peaks form. Blend in mint flavoring, chocolate chips and nuts. Drop by teaspoonfuls onto cookie sheets lined with waxed paper. Bake at 250 degrees 20 to 25 minutes. Turn oven off and leave cookies in oven 30 minutes more or even until oven cools.

Iris Henderson

CHOCOLATE BAR COOKIES

1 c. butter	2 c. sifted flour
1 c. sugar	1 oz. chocolate
1 egg, separated	1/2 c. chopped nuts

Cream butter and sugar; add egg yolk. Stir. Add flour and melted chocolate. Spread 1/4 inch thick on ungreased cookie sheet; brush with slightly beaten egg white, then sprinkle with nuts. Bake 20 to 25 minutes in a 350-degree oven. Cut into bars immediately or they will break if you wait until cool.

Annette Rafferty

CHOCOLATE CHEWIES

2/3 c. margarine	1/2 tsp. salt
2 c. brown sugar	1 tsp. baking soda
3 eggs	1 c. chopped walnuts
1 tsp. vanilla	1 c. chocolate chips
2 c. flour	

Mix first 4 ingredients until creamy. Add dry
(Continued on Page 136)

CHOCOLATE CHEWIES (Continued)

ingredients, a little at a time. Then add nuts and chips. Pour into 9 x 13-inch pan. Bake 25-30 minutes at 350 degrees. Cool and cut into squares.

Brigid Magnuson

CONGO SQUARES

2 1/2 c. flour	2/3 c. shortening or margarine
2 1/2 tsp. baking powder	1 lb. brown sugar (2 1/2 c.)
1/2 tsp. vanilla	3 eggs
chopped nuts (optional)	1 (6 oz.) pkg. chocolate chips

Melt shortening and cool a little. Add eggs, one at a time, and beat after each addition. Add sugar, nuts and vanilla. Stir in chocolate chips. Combine flour, baking powder and salt; stir into first mixture. Batter is stiff. Spread into greased 9 x 13-inch pan. Bake about 30 minutes. Be sure not to overbake. Oven: 350 degrees. Cut in bars.

Pam Russell

Darcy Lake

ALMOND CRESCENTS

1 lb. butter	4 c. sifted flour
1 c. sugar	1/2 lb. ground almonds
2 egg yolks	grated fresh lemon rind
dash salt	

Mix dry ingredients, then yolks and work in butter with hands until mixture forms a solid mass. Form into crescents and bake in a 350-degree oven 10 minutes or until edges are lightly brown.

Kathy Grabowski

WALNUT OR PECAN BUTTER CRESCENTS

1 c. butter (1/2 lb.), medium consistency	1 c. sifted confectioners sugar (do not use granulated sugar)
--	--

WALNUT OR PECAN BUTTER CRESCENTS (Continued)

about 2 1/4 c. sifted all-
purpose flour (as much
as 2 3/4 c. flour may be used)

1/2 lb. pecans or walnuts
(2 c.), chopped medium

In 8-inch bowl, cream butter about 1 minute; add sifted confectioners sugar, a little at a time, then vanilla and beat about 1 minute. Add sifted flour alternately with the chopped nut meats, beating well after each addition. Mold at once with fingers into desired shapes - such as crescents, rounds and ovals. Bake on very lightly greased pan about 20 to 25 minutes in a 350-degree oven until golden brown. Bake on upper rack last 5 minutes. When cold, dip into confectioners sugar. Makes about 50 to 60 cookies.

Cindy Sleyko

FORGOTTEN COOKIES

2 egg whites
2/3 c. sugar
pinch salt

1 tsp. vanilla
1 c. chocolate chips
1 c. nuts

Preheat oven to 400 degrees (hot oven). Beat egg whites until stiff, gradually adding the sugar, salt and vanilla. Mix in chocolate chips and nuts. Drop by teaspoons onto foil-lined pan. Put in oven and turn oven off; leave cookies in oven all night or for at least 4 hours. Do not open oven door. Yield: 40 cookies.

Marlene Brown

GINGERSNAPS

3 c. flour
4 eggs, beaten
1 (1 lb.) pkg. powdered
sugar

1/4 lb. butter, softened
1 tsp. baking soda
ginger (according to taste)

Sift flour, baking soda and ginger into a bowl. Add powdered sugar. Work in butter and egg; mix all together.

(Continued on Page 138)

GINGERSNAPS (Continued)

Roll out on floured board, cut with cookie cutters, flip over onto ungreased cookie sheet and let stand 5 hours or overnight. Bake at 350 degrees 10 to 15 minutes.

Judy Repta

GRAHAM CRACKER BROWNIES

11 whole graham crackers (1 pkg. from box), coarsely crushed	1 c. walnuts, chopped 1 (14 oz.) can Eagle Brand sweetened condensed milk
1 small pkg. chocolate chips	

Mix above ingredients; batter will be lumpy. Spoon into 8 x 8-inch greased pan. Bake at 350 degrees 30 to 40 minutes or until brown. Cool 5 minutes. Cut into small squares. Roll in powdered sugar.

Joyce Caito

GOLDEN APPLE BEIGNETS

1 large Golden Delicious apple	2 (8 oz.) cans refrigerated crescent roll dough
1/4 c. sugar	oil for deep frying
1 tsp. cinnamon	confectioners sugar

Core apple and cut into 16 slices. Cut each slice in half crosswise. Combine sugar and cinnamon; dip apple pieces, turning to coat on all sides. Unroll crescent roll dough and divide each package into 4 rectangles. Seal diagonal perforations by pressing together. Cut each rectangle crosswise into quarters. Place an apple piece on one end of each rectangle of dough. Fold other end over and seal well. Fry in oil heated to 375 degrees until puffed and golden, 3 to 5 minutes. Drain on absorbent paper. Sprinkle with confectioners sugar. Makes 32 doughnuts.

Nadine DeJulio

HONEY COOKIES

2 1/3 c. flour	2 tsp. vinegar
1 tsp. baking soda	4 tsp. honey
1 stick butter or margarine	1 tsp. cinnamon
3 egg yolks	1/2 tsp. ground cloves
3 whole eggs	1 1/4 c. sugar

Mix first 3 ingredients together like pie dough until crumbly. Add remaining ingredients and beat well. Drop by 1/2 teaspoonfuls onto cookie sheets. Bake at 350 degrees 8 to 10 minutes. Yield: 10 dozen.

Karen Barba

LEMON DELIGHT SQUARES

2 c. flour	4 Tbsp. flour
1/2 lb. butter or margarine	2 c. sugar
1/2 c. powdered sugar	6 Tbsp. lemon juice
4 eggs	1 tsp. baking powder
	pinch salt

Mix together first 3 ingredients; press into ungreased 9 x 13-inch pan. Bake 20 minutes at 350 degrees.

While above is baking, make the filling. Beat eggs well; add rest of ingredients, one at a time. Pour over hot crust. Bake for 20 minutes at 350 degrees. Cool and dust with powdered sugar. Cut into squares.

Helen Vukadinovich

NUTTY DATE SQUARES

1/4 c. butter or margarine, softened	1 2/3 c. Bisquick baking mix
3/4 c. sugar	1 c. cut-up dates
1 egg	1/2 c. chopped nuts

Grease and flour 9 x 9 x 2-inch square pan. Mix butter, sugar and egg thoroughly. Stir in baking mix, dates
(Continued on Page 140)

NUTTY DATE SQUARES (Continued)

and nuts. Spread in pan. Bake at 350 degrees until light brown, 25 to 30 minutes. Cool and cut into squares. Roll in powdered sugar. Yield: 25 to 36 squares.

Karen McDowell

SNOW CAPS

4 egg whites	a little lemon juice
12 Tbsp. sugar	1 c. chopped walnuts

Beat first 3 ingredients until very stiff; fold in chopped walnuts. Place by teaspoonfuls on well-greased and floured cookie sheet. Bake at 150 degrees for 1 hour and 45 minutes. Yield: 90 cookies.

Note: The secret is the slow baking; it keeps the Snow Caps white.

Karen Budmats

WALNUT CLUSTERS

1/4 c. butter or margarine	1/2 c. sifted flour
1/2 c. sugar	1/4 tsp. double-acting baking powder
1 egg	1/2 tsp. salt
1 1/2 tsp. vanilla	2 c. coarsely chopped walnuts
2 sq. (2 oz.) unsweetened chocolate, melted	

Cream butter. Add sugar and cream again. Beat in egg and vanilla. Mix in chocolate. Stir in sifted dry ingredients and walnuts. Drop by teaspoonfuls onto greased cookie sheet 1 inch apart. Bake in a 350-degree oven 10 minutes. Yield: 3 dozen.

Jean Johnson

WALNUT DELIGHT

1/2 lb. butter	2 c. flour
3/4 c. powdered sugar	1 c. walnuts, chopped
1 tsp. vanilla	

WALNUT DELIGHT (Continued)

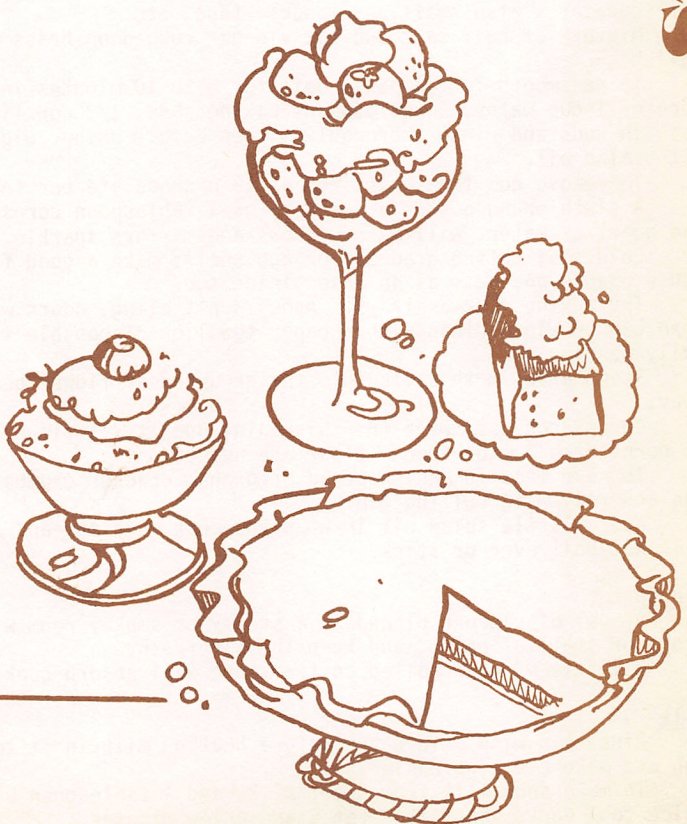
Cream in order until well blended. Drop on ungreased cookie sheet. Bake at 350 degrees for 10 to 15 minutes or until golden brown.

Lynn Lorenz

** EXTRA RECIPES **

** EXTRA RECIPES **

Pies, Pastries & Desserts



HELPFUL HINTS

Pies

When baking fruit pies, cut holes in the upper crust with a thimble, place crust on pie. The holes will become larger, then place the little round circles back in place. Makes pies very decorative and serves for the steam and juice openings.

Make your two crust pies the night before you need them. Put in refrigerator overnight. In the morning take from refrigerator, let pie warm to room temperature, if in glassware, so the glass won't break. Bake as usual.

Put cream or milk on top of two crust pies for a nice brown pie.

Put a layer of marshmallows in the bottom of a pumpkin pie, then add the filling. You will have a nice topping as the marshmallows will come to the top.

Cut drinking straws into short lengths and insert through slits in pie crusts to prevent juice from running over in the oven and permit steam to escape.

General

Rubbing alcohol will remove ball-point pen ink marks.

Candles chilled for 24 hours in refrigerator will burn longer and not drip.

Baking soda on a damp cloth will remove grime and grease from glass on oven door.

Window cleaner will clean and polish exterior of appliances - stove, refrigerator - also small appliances, taps, etc.

Mixture of half salt and hot vinegar rubbed on brass will clean and polish.

To re-smooth Teflon pans, boil for 5 to 10 minutes in the pan, a mixture of 1 cup water, 2 tablespoons baking soda, 1/2 cup liquid bleach. Wash in suds and rinse thoroughly. Then before using, wipe the surface with salad oil.

To remove gum from hair, rub a plain chocolate bar in hair - then wash.

A cloth wrung out of a solution of 1 tablespoon cornstarch dissolved in one quart of water, will make windows and mirrors sparkle.

Cold tea, coffee grounds, or egg shells make a good fertilizer for house plants and acts as an insecticide too.

Try waxing your ashtrays. Ashes won't cling, odors won't linger and then can be wiped clean with a paper towel or disposable tissue. This saves daily washing.

Stamp a few moth balls into the ground near flower beds to keep dogs away.

Cornstarch has twice the thickening quality of flour. For 1 tablespoon of cornstarch 2 tablespoons flour are needed.

To save mess in making bread or graham cracker crumbs, place in plastic bag and roll with rolling pin.

Add a little salad oil in when you cook macaroni and spaghetti and it will not boil over or stick.

Vinegar

A bowl of vinegar placed in a stuffy or smokey room will absorb tobacco smoke or smell of paint, and keep the air fresh.

A little vinegar boiled on the stove will absorb cooking odors.

Milk

Rinse pan with cold water before heating milk in it to prevent scorching and make cleaning easier.

To make sour milk from sweet milk, add 1 tablespoon vinegar or lemon juice to 1 cup sweet milk. Let stand a few minutes.

PIES, PASTRIES & DESSERTS

BANANAS AND CREAM PIE

- | | |
|---|--|
| 1 (9-inch) pie shell or
graham cracker crust | 1/3 c. Realemon reconsti-
tuted lemon juice |
| 1 (8 oz.) pkg. cream
cheese, softened | 1 tsp. vanilla extract |
| 1 (14 oz.) can Eagle
Brand sweetened
condensed milk | 4 medium bananas |
| | 2 Tbsp. reconstituted lemon
juice |

In large mixing bowl, beat cream cheese until smooth and fluffy. Stir in sweetened condensed milk, 1/3 cup lemon juice and vanilla. Slice 3 bananas and line pie shell with the slices. Turn filling into shell. Slice fourth banana and dip in remaining lemon juice. Arrange on top of pie. Chill at least 2 hours.

Pam Russell

CHOCOLATE CREAM PIE

- | | |
|----------------------------------|------------------------------------|
| 1/3 lb. butter (10 1/2
Tbsp.) | 4 eggs |
| 1 c. sugar | 1/2 tsp. vanilla |
| 2 sq. unsweetened
chocolate | 1 (9-inch) graham cracker
crust |
| | whipped cream |

Cream butter and sugar. Melt chocolate and add to mixture. Add eggs, one at a time, beating well after each egg. Add vanilla and beat thoroughly. Pour into crust and chill. Top with whipped cream.

Becky Diacou

DAIQUIRI PIE

- | | |
|---|---------------------------------------|
| 1 (4-serving) pkg. Jell-O
lemon pudding and pie
filling | 1 (3 oz.) pkg. Jell-O lime
gelatin |
| | 1/3 c. sugar |

(Continued on Page 144)

DAIQUIRI PIE (Continued)

2 1/2 c. water	1 3/4 c. Cool Whip
2 eggs, slightly beaten	1 (9-inch) graham cracker
1/2 c. Bacardi light rum	crust

Combine pudding mix, gelatin and sugar in saucepan; stir in 1/2 cup water and eggs. Blend well. Add remaining water and cook, stirring, over medium heat until mixture comes to a full boil. Remove from heat; stir in rum. Chill. Thoroughly blend whipped topping into chilled mixture; spoon into pie crust and chill until firm, about 2 hours. Garnish.

Darcy Lake
Pam Russell

FROZEN MINT PIE

1/2 gal. chocolate ice cream	4-6 Heath bars
1/8 tsp. mint flavoring	graham cracker crust

Line 9 x 13-inch pan with graham cracker crust. Soften ice cream; mix in flavoring and 2-3 crushed Heath bars. Pour into crust. Top with 2-3 crushed Heath bars. Freeze 5-6 hours. Serves 12 to 15.

Beverly Otto

PECAN PIE

1 (3 1/4 oz.) pkg. vanilla pudding	1 egg, beaten
1 c. white corn syrup	1 c. pecans, chopped
3/4 c. evaporated milk	1 unbaked 8-inch pie shell

Blend pudding mix with corn syrup; gradually add evaporated milk and egg. Blend. Add pecans and blend. Pour into shell; bake at 375 degrees until top is firm and just begins to crack (about 40 minutes). Cool at least 3 hours. Garnish with whipped cream and whole pecans. Serves 6-8.

Beverly Otto

PINEAPPLE-CREAM CHEESE PIE

- | | |
|------------------------------|---|
| 8 oz. cream cheese | 1 (1 lb. 4 oz.) can crushed pineapple, well drained |
| 1/4 c. sugar | |
| 1 c. whipping cream, whipped | 1 (9-inch) graham cracker pie crust |

Beat softened cream cheese and sugar well; fold in whipped cream. Add pineapple and mix. Pour into pie shell and let set in refrigerator at least 2 hours.

Celeste Barca

CREAMY PUMPKIN PIE

- | | |
|---|--------------------------------------|
| 1 unbaked 9-inch pastry shell | 1 tsp. ground cinnamon |
| 1 (16 oz.) can pumpkin | 1/2 tsp. salt |
| 1 (14 oz.) can Eagle Brand sweetened condensed milk | 1/2 tsp. ground ginger |
| 2 eggs | 1/2 tsp. ground nutmeg |
| | whipped cream for garnish (optional) |
| | nuts for garnish (optional) |

Preheat oven to 425 degrees. In large bowl, combine filling ingredients and mix well. Turn into shell and bake 15 minutes; reduce oven to 350 degrees and continue baking 35 to 40 minutes or until knife inserted 1 inch from edge comes out clean. Cool before cutting. If desired, garnish with whipped cream and nuts. Refrigerate leftovers.

Barb Rozovics

RUM CREAM PIE

- | | |
|-------------------------------|-------------------------------------|
| 6 egg yolks | 1/2 c. dark rum |
| 3/4 c. sugar | 1 c. whipping cream |
| 1 envelope unflavored gelatin | 1 (9-inch) graham cracker pie shell |
| 1/2 c. cold water | |

In large mixer bowl, beat egg yolks until well blended; gradually add sugar, beating until thick and lemon

(Continued on Page 146)

RUM CREAM PIE (Continued)

colored, about 6 minutes. In small saucepan, soften gelatin in cold water. Stir over low heat until gelatin is dissolved; bring to a boil. In thin, steady stream, add hot mixture to egg yolks, beating constantly. Beat in rum. Chill until the mixture mounds when dropped from a spoon. Whip cream to soft peaks; fold into egg mixture. Pile into pie shell; chill until firm. Garnish with additional whipped cream and maraschino cherries, if desired.

Lynn Lorenz

FRESH STRAWBERRY PIE

1 c. fresh mashed strawberries	1 c. water
1 c. sugar	sliced fresh strawberries to fill baked pie crust 1/4 full
3 level Tbsp. cornstarch	

Mash 1 cup fresh strawberries and set aside. In a saucepan, combine the water, sugar and cornstarch; add mashed strawberries and boil until thick. Then cool.

Slice large berries and line bottom of baked pie crust about 1/4 full. Pour thickened berries over sliced berries in crust. Place pie in refrigerator to cool. Serve when set.

Kathy Grabowski

APPLE STREUDEL

Pastry:

2 c. sifted all-purpose flour	3 egg yolks, beaten
1/4 lb. butter, softened	1/2 pt. sweet cream

Filling:

4 lb. baking apples, peeled and cut	2 tsp. cinnamon
1 c. sugar	1 c. bread crumbs
	2 Tbsp. butter

APPLE STREUDEL (Continued)

Pastry: Work butter and flour together, then separately blend egg yolks with cream and add to flour mixture. Blend well. Let stand for 1 hour; then divide into 4 pieces. Roll each piece on a floured surface into a rectangle, betting each piece rolled as thin as possible. Place one piece on a large cookie sheet.

Filling: Place butter and bread crumbs into frying pan; fry until light brown, stirring constantly. Mix in a bowl the apples, sugar and cinnamon.

Layering: Onto the one sheet already on cookie sheet, put a thin layer of bread crumbs followed by apples. Repeat twice, finally putting last sheet on top and sealing edges. Baste with a mixture of egg white and water. Bake at 350 degrees for about 1 hour.

Sue Warno

FRUIT DUMPLINGS

3/4 c. milk	2 eggs
1/2 tsp. salt	flour to roll dough
2 Tbsp. butter	plum halves or fruit of your
1 3/4 c. flour	choice

Bring milk to a boil with salt and butter. Add 1 cup flour and mix well until dough is stiff and doesn't stick to pan. Cool slightly, then add eggs. Mix and add flour as necessary. Dough will be stiff; knead with hands. When mixed well, roll out dough and cut into 2-inch squares. Fill with fruit and pinch opposite corners to seal, then all corners. Place in boiling water and reduce to simmer; cook 5 minutes. Dumplings will rise to the top. Sprinkle with sugar and serve with sour cream. Makes 15-20 dumplings.

Carole Siragusa

APPLE CRISP

6 apples	1/4 tsp. ground cloves
1 c. sugar	1/2 tsp. cinnamon

(Continued on Page 148)

APPLE CRISP (Continued)

2 tsp. lemon juice
3/4 c. sifted flour
1/8 tsp. salt

6 Tbsp. butter
1/4 c. chopped nuts

Peel, core and slice apples into bowl. Add only 1/2 cup sugar, spices and lemon juice to apples. Mix lightly and pour into 1 1/2-quart casserole, buttered. Blend remaining sugar, flour, salt and butter to a crumbly consistency. Add nuts and sprinkle over apple mixture. Bake in preheated 350-degree oven for 45 minutes. Serve warm with whipped cream or ice cream.

Becky Diacou

APPLE CRISP

5 or 6 apples
cinnamon
sugar

1 c. flour
1/2 c. butter
1/2 c. brown sugar
1/2 tsp. cinnamon

Slice apples into greased 9 x 9-inch baking dish. Sprinkle with cinnamon and sugar to taste. Mix together flour, butter, brown sugar and cinnamon; crumbled over apples. Bake at 350 degrees until apples are done, 30 to 40 minutes.

Alke Lewis

BANANA SPLIT

1 c. confectioners sugar
1 egg
4 Tbsp. butter or margarine
1/2 tsp. vanilla
1 graham cracker pie crust

bananas
1 small can crushed pineapple, drained
1 carton Cool Whip
chopped walnuts
cherries

Mix first 4 ingredients and spread on the pie crust. Slice bananas lengthwise and place on creamed mixture.

BANANA SPLIT (Continued)

Cover with crushed pineapple. Spread Cool Whip on top.
Sprinkle with chopped walnuts and cherries.

Joyce Caito

MILLION DOLLAR TORTE

1 pkg. yellow or white
cake mix (2-layer
size)

8 oz. cream cheese

2 c. milk

1 (3 3/4 oz.) pkg. instant
French vanilla pudding

1 (20 oz.) can crushed pine-
apple, well drained

1 large container Cool Whip
chopped walnuts

Prepare cake mix according to package directions.
Pour batter into greased 15 1/2 x 10 1/2 x 1-inch jellyroll
pan. Bake at 350 degrees until done, about 15 minutes;
watch cake carefully. Cool cake.

Mix softened cream cheese with milk (add milk a
little at a time, using an electric mixer). Beat until smooth.
Add package of pudding and mix well. Chill pudding and
cheese mixture until thick. Mix pineapple with pudding mix-
ture and spread over cooled cake. Frost with Cool Whip.
Sprinkle with nuts.

Cool Whip can be tinted with food coloring if so
desired.

Barbara Knobe

BLENDER CHOCOLATE MOUSSE

1 (12 oz.) pkg. semi-
sweet chocolate bits

1 1/2 c. milk, scalded

1/3 c. hot strong coffee

4 eggs

1/4 c. Grand Marnier, rum
or orange liqueur

2 tsp. vanilla

Blend all ingredients at high speed for 2 minutes.
Pour into 8 dessert dishes. Chill.

Karen Barba

CHEESE CAKE

1 pkg. graham crackers	1 1/4 c. sugar
1/2 c. sugar	2 tsp. vanilla
1/2 c. butter	1 1/2 pt. sour cream
30 oz. cream cheese	1 1/2 tsp. lemon juice
6 eggs	1/2 c. sugar

Crush graham crackers and mix with 1/2 cup sugar and butter. Line bottom of a 9 x 13 x 2-inch pan.

Beat cream cheese, eggs, 1 1/4 cups sugar and vanilla until smooth. Pour over crust. Bake 1 hour at 300 degrees. Cool completely.

Beat sour cream, lemon juice and 1/2 cup sugar until smooth. Pour over cool cake. Bake 5 minutes at 400 degrees.

Jane Koszewski

CHEESE CAKE

graham cracker crust	1 1/2 c. sugar
in 10-inch spring-	3/4 c. milk
form pan	1 pt. sour cream
4 (8 oz.) pkg. Philadel-	4 eggs
phia cream cheese,	4 Tbsp. flour
softened	1 Tbsp. vanilla

Line pan with cracker crust and set aside. Mix each ingredient, one at a time. Bake 1 hour at 350 degrees; do not open oven door. Turn off oven and leave cake in oven 2 hours more, then cool and refrigerate.

Electric ovens: Bake 50 minutes instead of 1 hour.

Brigid Magnuson

SOUR CREAM CHEESE CAKE

Crust:

1 1/4 c. graham cracker	1/3 c. brown sugar
crumbs	1/4 c. butter

SOUR CREAM CHEESE CAKE (Continued)

Filling:

2 (8 oz.) pkg. Philadelphia cream cheese	5 eggs
3/4 c. granulated sugar	1 tsp. vanilla
	1/4 tsp. almond extract

Topping:

1 (16 oz.) carton sour cream	1/2 c. granulated sugar
	1 tsp. vanilla

Mix together crust ingredients; press into 9-inch spring-form pan.

Cream cheese; gradually beat in sugar and eggs, one at a time, beating well after each egg. Add vanilla and almond extracts. Pour into crust and bake at 350 degrees for 40 minutes. Remove from oven.

Mix sour cream, sugar and vanilla; spread on cake. Return to oven for 5 minutes. Cool and refrigerate until ready to serve.

Ruthanne Orsini

CHERRIES JUBILEE

1 Tbsp. cornstarch	3 or 4 strips orange peel
1 Tbsp. sugar	dash lemon juice
1 (1 lb.) can pitted black cherries	1/2 c. warm brandy
	vanilla ice cream

Mix cornstarch and sugar together; add liquid from canned cherries and orange peel. Cook until thick. Discard orange peel. Add cherries and lemon juice. At the table, add warm brandy and ignite. Serve over vanilla ice cream. Serves 6.

Nadine DeJulio

CRANBERRY DESSERT

1 c. sugar	1 c. milk
2 c. flour	3 tsp. butter, softened
2 tsp. baking powder	2 1/2 c. raw cranberries

Mix together everything except cranberries. When the batter is well mixed, stir in cranberries. Pour into 2 greased 9-inch pie pans. Bake at 350 degrees for 15 to 20 minutes. Cool and cut into wedges. Serve with the following warm sauce.

Sauce:

1/2 c. butter	3/4 c. cream
1 c. sugar	1/2 tsp. vanilla

Heat in a double boiler, stirring, until the sauce just comes to a boil. Remove from heat; serve over the Cranberry Dessert.

Pat Demonte

CUT GLASS JELLO

1 small pkg. cherry jello	4 c. boiling water
1 small pkg. orange jello	1/4 c. sugar
1 small pkg. lemon jello	2 envelopes whipped topping
1 small pkg. lime jello	1/2 c. pineapple juice

Prepare cherry, orange and lime jellos, using 1 cup boiling water and 1/2 cup cold water for each flavor. Pour each into separate 8-inch square pans. Chill until firm.

Combine lemon jello, sugar, remaining 1 cup water and stir until jello and sugar are dissolved. Add pineapple juice. Chill until slightly thickened (1 hour, 15 minutes). Cut cherry, orange and lime jellos into 1/2-inch cubes. Prepare whipped topping according to package directions; blend lemon jello mixture into Dream Whip. Fold cubes into mixture. Pour into 9 x 13-inch pan. Chill at least 5 hours or overnight.

Carol Edmunds

RASPBERRY JELLO MOLD

- | | |
|---------------------------------|--|
| 2 small pkg. raspberry jello | 1 c. crushed pineapple, not drained |
| 1 1/2 c. boiling water | 2 pkg. small frozen raspberries, not drained |
| 2 bananas, quartered and sliced | 1 small carton sour cream |

Combine all above ingredients except sour cream. Pour half of mixture into 8 x 8-inch square pan which has been sprayed with Pam. Let set. Spread sour cream over mixture. Spoon in rest of mixture and let set again.

A variation is to use strawberry jello and frozen strawberries.

Stephanie Jackson
Renee Tracy

RIBBON-RUBIN JELLO MOLD

- | | |
|-----------------------------|--------------------------------------|
| 2 (3 oz.) pkg. lemon jello | 1 (3 oz.) pkg. lime jello |
| 1 (3 oz.) pkg. orange jello | 1 (3 oz.) pkg. grape or purple jello |
| 1 (3 oz.) pkg. red jello | 1 c. hot water per package |
| | 1/2 c. cold water per package |
| | 1 pt. sour cream |

Use a 9 x 13 x 2-inch pan, preferably glass!

Pour 1 package prepared jello into the sour cream and stir. Divide that into 4 equal portions; set aside (on counter). Begin the layering by preparing 1 box of jello and pouring into the glass baking pan (carefully). Place in refrigerator and allow 1/2 hour for each layer to set. Carefully spoon 1/4 of the sour cream mixture on top of first layer of jello and again set the mold for 1/2 hour. Continue layering jello and sour cream until all colors are used. Finish with the red jello on top for best effect.

Serves up to 25. If glass dish is used, the ribbon effect is most dramatic. Great for parties.

Rochelle Galluzzi

SEAFOAM JELLO MOLD

- | | |
|---------------------------|-----------------------------|
| 1 (No. 2) can pears | 1 (3 oz.) pkg. Philadelphia |
| 1 (3 oz.) pkg. lime jello | cream cheese (soft) |
| | 1/2 pt. whipping cream |

Drain juice from pears and add water to make 1 cup. Bring to boil and pour over jello. Blend soft cream cheese with 3 tablespoons whipping cream, then blend into jello. Chill until slightly thickened.

Meanwhile, mash pears and add to thickened jello. Whip the whipping cream and fold into mixture. Refrigerate. Delicious! Double this to yield a 9 x 13-inch pan.
Judy Repta
Renee Tracy

STRAWBERRY-BANANA JELLO MOLD

- | | |
|--------------------------------------|---|
| 1 large pkg. strawberry-banana jello | 1 pkg. Dream Whip, prepared as directed |
| 1 c. boiling water | 3 medium bananas, smashed |
| 1 pt. vanilla ice cream | |

Dissolve jello in boiling water; while still warm, add ice cream. Fold in prepared Dream Whip and bananas. Pour into mold or pan. Chill until set.

Carol Edmunds

STRAWBERRY, BANANA AND CRUSHED PINEAPPLE JELLO MOLD

- | | |
|-------------------------------|----------------------------|
| 1 pkg. strawberry jello | 1 banana |
| 1 small can crushed pineapple | 1 pkg. frozen strawberries |
| | 1 pt. sour cream |

Dissolve jello in 1 cup boiling water. Drain defrosted strawberries and add enough cold water to juice to make 1 cup. Add this to dissolved jello. Chill until slightly thickened. Add strawberries. Pour 1/2 of this mixture into small mold or 8 x 8 x 2-inch pan. Chill until set. Spread sour cream over top evenly and add sliced bananas and crushed

STRAWBERRY, BANANA AND CRUSHED PINEAPPLE JELLO MOLD (Continued)

pineapple over top of sour cream. Pour balance of slightly thickened jello-strawberry mixture over top; refrigerate until set.

The last half of jello should be taken out of refrigerator while still slightly runny so you can pour over the sour cream, bananas and pineapple. Chopped nuts may also be added.

Refreshing!

Stephanie E. Jackson

KEEPSAKE BROWNIES

4 sq. unsweetened chocolate	1 tsp. vanilla
1 c. butter	1 c. broken walnuts
3 c. sugar	1 c. sifted all-purpose flour
3 eggs, beaten	1/4 tsp. salt

Preheat oven to 350 degrees. Melt chocolate and butter over water; remove from heat. Add sugar, eggs and vanilla; mix well. Stir in nuts. Mix and sift flour and salt; add gradually and mix well. Pour into greased and floured 9 x 13-inch pan. Bake 40 to 50 minutes and cool. Cut into squares. Serve with a scoop of lime sherbet and hot Chocolate Sauce.

Chocolate Sauce:

3 sq. unsweetened chocolate	1 1/2 c. confectioners sugar
1/4 c. butter or mar- garine	1 small can evaporated milk
	pinch salt
	1 tsp. vanilla

Put first 5 ingredients in double boiler, cover and heat over boiling water. Stir together well (I beat it with an egg beater for a few minutes). When chocolate has melted, cook 30 minutes, stirring occasionally. Add vanilla.

(Continued on Page 156)

KEEPSAKE BROWNIES (Continued)

Makes about 1 pint. Serve over ice cream and Brownies. Pretty and delicious. Keep sauce hot over double boiler.

Karen McDowell

LEMONY CRUMB SQUARES

1 c. graham cracker crumbs	2 Tbsp. sugar 1/4 c. melted butter
1/3 c. chopped pecans (fine)	

Combine crumbs, pecans and sugar; add melted butter and mix well. Press 2/3 of mixture firmly on bottom of 8-inch square pan. Bake at 375 degrees 5 minutes. Cool.

1 (4-serving) pkg. lemon pudding	2 1/4 c. water 1 egg, slightly beaten
1/2 c. sugar	1 Tbsp. butter

Combine pudding, sugar and 1/4 cup water in saucepan; blend the egg and remaining water into pudding mixture. Cook and stir over medium heat until mixture boils and thickens, about 5 minutes. Remove from heat. Add butter. Cool 5 minutes, stirring twice. Pour over crumbs in pan and sprinkle remaining crumbs over top. Chill 3 hours. Cut into squares. Makes 9 servings. May be doubled.

Renee Tracy

PINEAPPLE DELIGHT

1 small box pistachio pudding	1 (16 oz.) can crushed pineapple
1 medium-sized container Cool Whip	

Mix dry pudding with pineapple and Cool Whip. Spoon into parfait glasses and top with a cherry.

Sandy Gatziolis

PISTACHIO FLUFF

- | | |
|--------------------------------|--|
| 1 c. flour | 8 oz. cream cheese |
| 1 stick butter or
margarine | 14 oz. Cool Whip |
| 1/2 c. chopped nuts | 3 c. milk |
| 1 c. confectioners sugar | 3 small boxes pistachio
pudding (9 oz.) |

Mix the flour and butter together; add chopped nuts to mixture. Press into 9 x 13-inch pan. Bake at 375 degrees for 20 minutes. Let cool completely.

Next, beat together confectioners sugar, cream cheese and 1/2 of a large container Cool Whip. Place in refrigerator for 20 minutes. Now beat together the milk and pudding; refrigerate for 20 minutes. Last, spread cheese mixture on crust, then pudding layer and then remaining Cool Whip.

Debbie Talaga

QUICK BLUEBERRY SURPRISE

- | | |
|---|---|
| 1 angel food cake
(large ring type) | 1 large can blueberry pie
filling (may substitute
cherry pie filling) |
| 2 pkg. instant vanilla
pudding, prepared | |

Break up cake into 1-inch chunks; place on bottom of a 9 x 13-inch pan. Pour prepared instant pudding over cake. Refrigerate for 1 hour. Then evenly distribute canned pie filling over the top. Chill again.

Sue Warno

SPOOM - A SUMMER DESSERT

- | | |
|--------------|-------------------------------------|
| 1 c. sugar | 1 qt. lemon or pineapple
sherbet |
| 1/2 c. water | |
| 4 egg whites | chilled champagne |

In saucepan, combine sugar and water; heat to boiling, stirring until sugar is dissolved. Boil without stirring
(Continued on Page 158)

SPOOM - A SUMMER DESSERT (Continued)

until syrup reaches 238 degrees on candy thermometer. In electric mixer, beat egg whites until stiff; gradually add the syrup, beating constantly until mixture is cool. Soften the sherbet in a large bowl; blend in beaten egg white mixture. Spoon into champagne glasses or wine glasses to about 3/4 full. Put in freezer. Just before serving, pour champagne over top.

Marlene Petrie

STRAWBERRIES WITH ALMOND CREAM

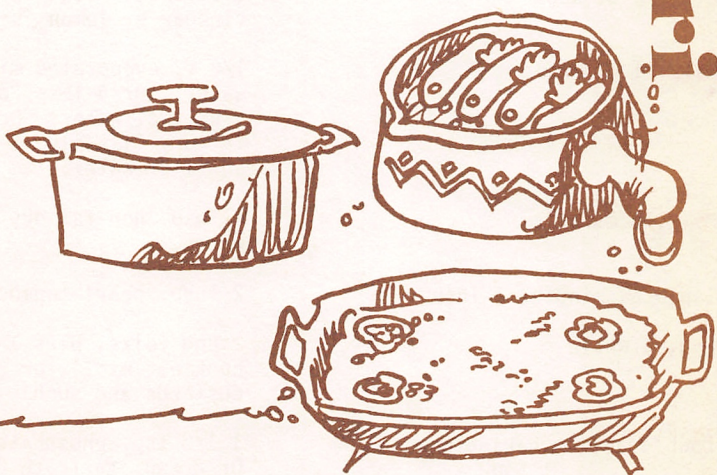
1 (3 oz.) pkg. instant vanilla pudding	1 c. milk 1/2 tsp. almond extract
2 c. heavy whipping cream	2 pt. strawberries

In large bowl, with mixer at low speed, beat instant pudding, cream, milk and almond extract until blended. Increase speed to high and beat until soft peaks form. Spoon mixture in center of chilled bowl; arrange strawberries around it. Makes 6 servings.

Judy Repta

PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK

Potluck & Potpourri



EMERGENCY SUBSTITUTIONS

FOR:

Baking powder, 1 tsp.

Butter, 1 c.

Chocolate, 1 oz.

Flour, all-purpose,
1 c. sifted

Flour, all-purpose, 1 c.
for baking breads

Flour, cake, 1 c. sifted

Flour, 1 Tbsp. for thickening

Milk, 1 c. fresh

Milk, 1 c. sour

Milk, 1 c. whole

Milk, 1 c. skim

Tapioca, minute, 1 Tbsp.

Egg, 1 whole

Double acting baking powder,
1 tsp.

Honey, 1 c.

USE:

1/4 tsp. baking soda plus
1/2 tsp. cream of tartar

7/8 c. oil
1 c. margarine
3/4 c. lard or shortening

3 Tbsp. cocoa plus
1/2 Tbsp. butter

1 c. plus 2 Tbsp. sifted
cake flour

Up to 1/2 c. bran, whole-wheat
flour, or corn meal plus enough
all-purpose flour to fill cup.

1 c. sifted all-purpose flour
less 2 Tbsp.

1/2 Tbsp. cornstarch, potato
starch, rice starch, or arrowroot
starch. Or 1 Tbsp. granulated
tapioca.

1/2 c. evaporated milk plus 1/2 c.
water, powdered milk plus water
(directions on package), or 1 c.
sour milk or buttermilk plus 1/2
tsp. soda (decrease baking powder
2 tsp.)

1 c. sweet milk plus 1 Tbsp.
vinegar or lemon juice.

1/2 c. evaporated milk plus 1/2 c.
water. Or 4 Tbsp. dry whole milk
plus 1 c. water. Or 4 Tbsp. non-
fat dry milk plus 2 tsp. table fat
and 1 c. water.

4 Tbsp. non-fat dry milk plus 1 c.
water.

2 Tbsp. pearl tapioca

2 egg yolks, plus 1 Tbsp. water (in
cookies, etc.), or 2 egg yolks (in
custards and such mixtures)

1 1/2 tsp. phosphate baking powder.
Or 2 tsp. tartrate baking powder.

3/4 c. sugar plus 1/4 cup liquid

POTLUCK & POTPOURRI

SKILLET APPLE PANCAKE

3 eggs	1/2 c. flour
1/4 c. milk	3 Tbsp. butter
3 apples	lemon juice
cinnamon-sugar	1/4 tsp. salt

In blender, mix eggs, milk, salt and flour. (Optional: Let batter stand for 1 hour.)

In the meantime, peel and core apples; cover with lemon juice to prevent discoloring. Melt 2 tablespoons of the butter in heavy skillet until bubbly; add batter. Top batter with apples. Put in oven and bake at 350 degrees for 20 to 25 minutes. Dot with remaining butter and cinnamon-sugar. Return to oven for a few minutes. Cut in quarters and serve immediately. Serves 2-4.

Pam Russell

TEXAS ENCHILADAS

3 Tbsp. Blue Bonnet margarine	1 1/2 tsp. chili powder
1/2 c. chopped onion	1/2 tsp. salt
1 (8 oz.) can stewed tomatoes	3 drops hot pepper sauce
1 (8 oz.) can tomato sauce	1 c. cubed, cooked chicken
2 large cloves garlic, minced	6 tortillas
	Planter's peanut oil
	1 c. shredded Cheddar cheese

In saucepan, melt margarine and add onion; cook until tender. Add tomatoes, tomato sauce, garlic, chili powder, salt and hot pepper sauce. Simmer uncovered 15 minutes. Stir occasionally. Combine chicken and 1/4 cup sauce.

Fry tortillas in oil a few seconds on each side. Place 2 tablespoons chicken mixture in center of each tortilla and roll up. Arrange in 1 1/2-quart shallow baking
(Continued on Page 160)

TEXAS ENCHILADAS (Continued)

dish. Spoon sauce over enchiladas; sprinkle with cheese. Bake in a moderate oven, 350 degrees, for 15 minutes or until hot. Serves 4 to 6.

Nadine DeJulio

GRANOLA

1/2 c. sunflower seed meal or any nut meal	1/2 c. unsweetened coconut
1 c. corn flour	1/2 c. soya flour
3 qt. oatmeal	1 c. stone-ground corn meal
1/2 c. chopped dates or figs	1 c. chopped nuts
1/2 c. raisins	1/2 c. seed (sesame, sun- flower or pumpkin)
	1/4 c. wheat germ

Mix separately:

1/2 c. date sugar	1 1/3 c. cold pressed
1 1/3 c. water	sesame seed oil
2/3 c. raw honey	

Combine mixtures (except raisins). Should be moist, chunky and crumbly. Spread thin on cookie sheet. Bake 1 hour at 225 degrees or until light brown.

Jean Johnson

CREAMED MUSHROOMS

1/3 c. butter or mar- garine	2 Tbsp. flour
1 1/2 lb. mushrooms, cut in halves	3/4 tsp. salt
	1 c. heavy whipping cream

In 12-inch skillet over medium heat, cook mushrooms in hot butter for 5 minutes until tender. Strain excess liquid after removing mushrooms to bowl. In the liquid returned to skillet, stir flour and salt until blended; gradually stir in whipping cream, stirring constantly, until thickened and

CREAMED MUSHROOMS (Continued)

boiling. Return mushrooms to skillet and toss gently with cream mixture.

Judy Repta

MARINADE FOR BEEF

1/2 c. sherry	1 tsp. sugar
1 tsp. Worcestershire sauce	1/2 tsp. Accent
2 cloves garlic	1 Tbsp. vinegar
1/2 c. salad oil	1/2 tsp. marjoram
2 Tbsp. ketchup	1/2 tsp. rosemary
	1/2 tsp. salt

Marinate at least 2 hours before you charbroil the meat.

Alke Lewis

SOUR CREAM PIZZA

Pat Hraba

1 box Pillsbury hot roll mix	5 1/2 lb. hamburger, browned and drained
1 1/2 c. sour cream	1 can mushrooms (fresh, if preferred)
1/4 c. mayonnaise	1 can tomato soup
2 Tbsp. Worcestershire sauce	1 can mushroom soup
1 tsp. salt	1/2 lb. Cheddar cheese, shredded
1/2 tsp. paprika	1 small ball shredded Mozzarella cheese
1/4 tsp. salt	
1/4 c. chopped, sauteed onion	

Prepare dough and spread on large cookie sheet. Sprinkle half of Cheddar cheese on dough. Add hamburger and onion evenly. Mix soups, mushrooms, mayonnaise, sour cream, Worcestershire sauce and spices together. Pour over meat. Add rest of cheese. Bake at 350 degrees 30 minutes; add Mozzarella cheese and bake at least 15 minutes more until brown and bubbly. Can prepare and refrigerate until baking time. Serves 6 plus.

PIZZA BY THE YARD

- | | |
|-----------------------------------|--|
| 1 unsliced loaf French bread | 1/2 tsp. dried oregano leaves, crushed |
| 1 (6 oz.) can tomato paste | 1 lb. ground beef |
| 1/3 c. grated Parmesan cheese | 2 tomatoes, sliced |
| 1/4 c. finely chopped onion | 1 green pepper, sliced |
| 1/4 c. chopped pitted ripe olives | 1 (1 oz.) pkg. sliced American cheese |

Cut loaf in half lengthwise. Combine tomato paste and next 4 ingredients. Add:

- | | |
|---------------|-----------------|
| 3/4 tsp. salt | 1/8 tsp. pepper |
|---------------|-----------------|

Add meat and mix well. Spread atop loaf halves. Place on baking sheet. Bake at 400 degrees 20 minutes. Remove from oven; top with tomato and green pepper slices (alternate tomatoes, then green pepper, then tomatoes, etc.). Cut cheese in strips and crisscross across the top. Bake 5 more minutes. Serves 4 or 5.

Pam Beyer

PIZZA FONDUE

- | | |
|---|--|
| 1/2 lb. ground beef | 8 oz. shredded Cheddar cheese |
| 1/2 envelope spaghetti sauce mix | 8 oz. shredded Mozzarella cheese |
| 1 (15 oz.) can tomato sauce or 1 large can pizza sauce (omit the envelope of mix) | 1 Tbsp. cornstarch |
| | 1/2 c. red wine |
| | Italian bread, cut into bite-size pieces |

In saucepan, stir together beef and sauces; add the cheeses gradually. Stir over low heat until cheeses are melted. Blend cornstarch and wine; stir into cheese mixture. Cook and stir until thick and bubbly. Transfer to a fondue pot; dip speared bread cubes. Serve with salad

PIZZA FONDUE (Continued)

and/or jello mold, beer or wine, cake and coffee. Makes 4 to 6 servings.

Vana Kikos

PILAV (Noodles with Rice)

2 c. fine noodles	butter
1 c. Uncle Ben's rice	1 can chicken broth

About 45 minutes before serving: In saucepan, melt butter; add noodles (crushed) and brown lightly. Rinse rice with water and add to lightly browned noodles. Add 2 cups chicken broth and let cook in saucepan for about 30 to 40 minutes, adding more broth or water as needed until rice is tender.

Lee Chilingirian

EGG FRIED RICE

3 Tbsp. peanut or other oil	2 Tbsp. chopped green onions with tops
2 eggs, beaten	1 tsp. salt
3 c. unsalted cold, cooked rice	

Heat wok or heavy skillet on high heat 30 seconds. Swirl in 1 tablespoon oil. Pour in eggs; stir lightly about 45 seconds or until eggs are set. Remove; break into bite-size pieces. Set aside.

Fluff rice to separate grains. Add 2 tablespoons oil to wok; heat. Add green onions; stir-fry over high heat about 1 minute, stirring occasionally. Add rice; stir-fry about 2 minutes. Sprinkle with salt; toss well. Add eggs to wok; stir-fry about 1 minute. Serves 6.

Carol C. Hendzel

MUSHROOM-RICE CASSEROLE

- | | |
|------------------------|-----------------------------|
| 1 large onion, diced | 1 stick margarine |
| 1 1/4 c. uncooked rice | 1 Tbsp. parsley |
| 1/4 tsp. salt | 2 cans beef consomme or |
| 1/4 tsp. pepper | 20 oz. beef broth |
| 1 small can mushrooms | 2 tsp. Worcestershire sauce |

Cook onion in margarine until transparent. Add rice, salt, pepper, consomme, Worcestershire sauce and mushrooms. Mix all well. Bake at 350 degrees for 1 hour in a casserole. Top with parsley.

Marlene Angelico

WILD RICE DISH

- | | |
|---|--|
| 1 c. Uncle Ben's brown
and wild rice | 1/2 c. slivered almonds |
| 1 lb. fresh mushrooms,
sliced | 1 can dried celery leaves |
| 2 medium onions, chopped | 1/2 c. parsley |
| | 2 cans chicken rice soup,
undiluted |

Saute mushrooms and onions together. Prepare rice as directed on box. Drain any excess water. Mix chicken rice soup with almonds, celery and parsley. Fold in the rice. Pour into 2-quart casserole dish and top with mushrooms and onions. Bake 60 minutes at 350 degrees.

Brigid Magnuson

CLAM SAUCE FOR SPAGHETTI

- | | |
|------------------------------------|--------------------------|
| 1-3 cloves garlic,
chopped fine | 1 c. clams |
| 1-2 tsp. chopped parsley | 1/2 c. water |
| 1/4 c. olive or other oil | salt and pepper to taste |

Saute garlic; add other ingredients and simmer for 5 minutes. Makes 4 servings.

Gerda Weitzel

HORSERADISH SAUCE FOR FISH (Or Fondue)

1 c. dairy sour cream	1/4 tsp. salt
3 Tbsp. horseradish	dash paprika

Combine and chill or heat, as desired.

Phyllis Parker

SHARON'S SPAGHETTI SAUCE

1 1/2 lb. ground beef	1/2 lb. fresh mushrooms, sliced
1 (28 oz.) can Hunt's whole tomatoes	5 oz. grated Romano cheese
2 (6 oz.) cans Hunt's tomato paste	1 clove garlic, minced
1/2 c. chopped onion	1 Tbsp. McCormick parsley flakes
1/2 c. chopped green pepper	1 Tbsp. McCormick Italian seasoning
1 c. chopped celery	1/4 tsp. McCormick red pepper

Brown ground beef and drain grease. Mix beef and all the ingredients in a 3 1/2-quart slow-cooker. Cover and cook on low for 7 to 10 hours (high: 5 to 6 hours). Before serving, mix 2 tablespoons cornstarch with 1/4 cup water and add slowly to sauce until desired consistency is reached. Serve over spaghetti. Serves 6.

Note: Use a food processor for chopping and slicing.

Sharon K. Carroll

ITALIAN MEAT SAUCE

1 or 2 lb. ground meat	1 large can imported plum tomatoes
2 cloves garlic	1 large can of hot water
straight parsley	baking soda
1 small can tomato paste	

Brown ground meat. Chop garlic small. Cut up parsley small. Add tomato paste, plum tomatoes and water.

(Continued on Page 166)

ITALIAN MEAT SAUCE (Continued)

When it boils, add a pinch of baking soda. Simmer for 2 or 3 hours.

Millie Schrage

LEMON SAUCE FOR VEGETABLES

2 Tbsp. butter	1/2 c. water
1 Tbsp. flour	1/2 c. sour cream
2 tsp. sugar	1 1/2 Tbsp. lemon juice
1/2 tsp. salt	

In flat saucepan, melt butter. Stir in sugar and salt. Remove from heat; gradually add water. Cook over medium heat, stirring constantly, until thickened. Reduce heat to low; stir in sour cream. Add lemon juice; heat to serving temperature. Serve over hot cooked spinach or broccoli. Yield: 1 cup.

Rochelle Galluzzi

MUSTARD SAUCE FOR PORK (Or Fondue)

2-3 Tbsp. dry mustard	1/2 tsp. salt
2 Tbsp. flour	1 Tbsp. vinegar
3 Tbsp. sugar	2 Tbsp. sour cream

Combine mustard, flour, sugar and salt. Blend in 2/3 cup water, stirring to dissolve all lumps. Cook over medium heat, stirring constantly, until mixture thickens and boils. Remove from heat; stir in vinegar and sour cream.

Phyllis Parker

PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK

Recipes from Foreign Countries



茶

Take time *for 10 things*

1 Take time to Work—

it is the price of success.

2 Take time to Think—

it is the source of power.

3 Take time to Play—

it is the secret of youth.

4 Take time to Read—

it is the foundation of knowledge.

5 Take time to Worship—

it is the highway of reverence and washes
the dust of earth from our eyes.

6 Take time to Help and Enjoy Friends—

it is the source of happiness.

7 Take time to Love—

it is fundamental to life.

8 Take time to Dream—

it hitches the soul to the stars.

9 Take time to Laugh—

it is the singing that helps with life's loads.

10 Take time to Plan—

it is the secret of being able to **have time**
to take time for the first nine things.

RECIPES FROM FOREIGN COUNTRIES

CHINESE CHICKEN

- | | |
|---|--|
| 4 chicken breasts,
skinned and boned | 1/2 c. bean sprouts |
| 1 Tbsp. vegetable or
peanut oil | 1 (7 oz.) pkg. frozen pea
pods, defrosted |
| 1/4 c. sliced celery | 1 Tbsp. soy sauce |
| 1/4 c. bamboo shoots,
diced | 1 c. chicken bouillon |
| 1/2 c. sliced water chestnuts | 1 Tbsp. cornstarch |
| | 2 Tbsp. cold water |

Cut chicken into uniform strips and saute in oil quickly over high heat. Add vegetables, soy sauce and bouillon. Cover and simmer for 5 minutes. Combine the cornstarch and cold water; stir into chicken and vegetables until thickened. Serves 4. A low-calorie dish.

Bo Wardrobe

CHINESE-STYLE BEEF

- | | |
|--|--|
| 1 1/2 lb. lean chuck
roast or steak | 1/2 c. frozen peas, thawed |
| 2 Tbsp. oil | 1 (3/4 oz.) envelope au jus
gravy mix |
| 1 1/2 c. diagonally cut
carrots | 1 Tbsp. soy sauce |
| 2 c. fresh bean sprouts | 1/4 tsp. instant minced garlic
or fresh |

Cut meat into very thin slices. Brown meat quickly in 2 tablespoons oil in wok or skillet; remove from pan. Add remaining oil; stir-fry onion and carrots 3 minutes over medium-high heat. Add 1 1/2 cups water, bean sprouts, peas, gravy mix, soy sauce and garlic. Simmer, covered, 4 minutes or just until carrots are crisp-tender. Add meat and simmer 1 minute. Serve over cooked rice.

Serves 4 to 5.

Nadine DeJulio

CHINESE-STYLE BROCCOLI WITH BEEF

- | | |
|--|----------------------------|
| 1 lb. beef, cut 1/4 inch thick, then in 1 1/2-inch squares | 1 tsp. sugar |
| 4 Tbsp. oil | 2 Tbsp. soy sauce |
| 1 small clove garlic, mashed | 1 pkg. frozen cut broccoli |
| | 2 Tbsp. cornstarch |

Saute beef with oil, garlic, sugar and soy sauce for 5 minutes; remove meat from pan. Add frozen broccoli and 3/4 cup water to same pan. Stir well. Bring to boil, cover and cook 3 minutes. Add meat and thicken with cornstarch and 1/4 cup water. Cook 2-3 minutes more. Serve with rice or Chinese noodles.

Jean Meyer

CHOP SUEY

- | | |
|--------------------------------|-------------------------------------|
| 1 lb. lean pork or veal, diced | 1 can chop suey vegetables, drained |
| 2 Tbsp. shortening | 1 Tbsp. cornstarch |
| 2 Tbsp. soy sauce | 1/4 tsp. ground ginger |
| 1/4 tsp. salt | 1 Tbsp. molasses |
| 1 c. beef bouillon | 1/4 c. water |
| 1 c. chopped onion | |

Brown meat in shortening; add soy sauce, salt and bouillon. Cover and cook until meat is tender. Add onion and chop suey vegetables; cook 10 minutes. Blend cornstarch, ginger, molasses and water; stir until thickened. Serve over rice or noodles with soy sauce.

Barb Rozovics

ORIENTAL FLANK STEAK

- | | |
|---------------------------|---------------------------------------|
| 1 flank or family steak | 1 green pepper, cut in 1-inch squares |
| 1/2 c. soy sauce | 1/4 c. water |
| juice of 1 lemon | 2 Tbsp. brown sugar |
| 1/3 c. salad oil | 2 Tbsp. water |
| fresh or canned mushrooms | |

ORIENTAL FLANK STEAK (Continued)

1/4 tsp. ginger

1 Tbsp. cornstarch

1/4 tsp. garlic powder

Cut steak into thin diagonal slices. Mix soy sauce, brown sugar, lemon juice and 2 tablespoons water. Marinate steak in mixture for at least 3 hours (8 hours is better). Drain meat; save marinade. Heat oil, ginger and garlic powder in heavy skillet; add meat and brown quickly. Combine green pepper, mushrooms, then water blended with cornstarch and marinade sauce. Pour over meat until sauce slightly thickens. Serve over rice or noodles.

Darcy Lake

GOULASH WITH PORK AND SAUERKRAUT

2 lb. lean pork shoulder,

cut in 2-inch cubes

1 tsp. salt

1 large onion, sliced

1/2 tsp. caraway seed

1/2 pt. sour cream

1 Tbsp. fat (about)

1 1/2 tsp. paprika

1 lb. (or so) sauerkraut

Melt fat; add meat and onion. Brown. Add salt, caraway seed and paprika. Add small amount of water or canned tomatoes to cover about 1/2 of meat. Cook slowly until meat is tender, about 1 1/2 hours. Add sauerkraut to meat; cook about 1/2 hour longer. (There shouldn't be too much liquid; if too much, drain off; if not enough, add water.) After done, add sour cream (don't cook further). Serve with potato dumplings.

Judy Repta

GREEK SKILLET SUPPER

1 lb. lean ground round

1 medium-sized onion,
sliced

1 tsp. garlic salt

1/4 tsp. pepper

1 eggplant (1 1/2 lb.), pared
and cubed

1 (1 lb.) can tomatoes

1 c. low-fat cottage cheese

2 Tbsp. grated Romano cheese

(Continued on Page 170)

GREEK SKILLET SUPPER (Continued)

Saute beef and onion together in a nonstick skillet until meat is browned. Do not add fat. Drain off any accumulated fat. Sprinkle with salt and pepper. Add eggplant and tomatoes to skillet; break up tomatoes with a wooden spoon. Simmer, uncovered, 20 minutes or until eggplant is tender. Spoon cottage cheese over surface of eggplant-meat mixture; sprinkle with grated cheese. Continue cooking until most of liquid is absorbed. Yield: 6 servings.

Nadine DeJulio

KEFTETHAS (Greek Style Meat Balls)

Meat Balls:

2 lb. ground beef	1 Tbsp. cumin
8 slices white bread	1/2 tsp. garlic powder
3 eggs	1/4 c. crushed mint leaves
3 large onions, coarsely chopped	salt and pepper to taste
	1 tsp. oregano

Sauce:

2 (12 oz.) cans tomato paste	1 Tbsp. sugar
1 onion, coarsely chopped	1 Tbsp. vinegar
	1 tsp. cumin
	2 Tbsp. oil

Meat Balls: Soak bread in water, then squeeze water out. Break up bread into small pieces and mix well with all other ingredients. Form into balls and fry until outsides of meat balls are crispy brown.

Sauce: Brown onion in oil; add tomato paste and fry lightly. Add water to sauce consistency and add remaining ingredients. Bring to boil, then reduce to simmer; add the meat balls. Simmer 2 hours. Serve over spaghetti or rice.

Sue Warno

SMYRNA SAUSAGES (Soudzoukakia)

- | | |
|-------------------------|--------------------------|
| 1 1/2 lb. chopped meat | 1 tsp. cumin seed |
| 1 c. moist bread crumbs | salt and pepper |
| 3 cloves chopped garlic | oil or butter for frying |
| 1 chopped onion | |

Mix ingredients and make rolls about 5 inches long in the shape of a sausage. Fry in hot oil or butter.

Prepare a tomato sauce with tomatoes, sugar, salt and pepper; simmer for about 15 minutes. Add sausages and simmer for 10 minutes longer. Serve hot and garnish with fried potatoes or a salad.

Angie Georgitsos

FETTUCINE DI PARMA

- | | |
|--|---|
| 1 (8 oz.) pkg. medium egg noodles | 1/4 lb. (1 c.) freshly grated Parmesan cheese |
| 1/2 c. whipping cream or half and half | 3/4 c. chopped, cooked ham |
| 1 egg yolk | 1/2 c. sliced pitted ripe olives |
| 1/4 c. butter, melted | 2 Tbsp. chopped parsley |

Cook noodles according to package directions. Beat cream and egg yolk; stir in butter. Drain noodles; combine with cream mixture, cheese, ham, olives and parsley. Toss gently to mix. Serve hot. Serves 4 to 6.

Nadine DeJulio

GNOCCHI VERDI (Italian-Spinach Dumplings)

- | | |
|--|--------------------------------|
| 1 (10 oz.) pkg. frozen spinach or 10 oz. fresh spinach, washed | 1 tsp. salt |
| 1 lb. Ricotta cheese | 8 Tbsp. grated Parmesan cheese |
| 1 large egg | 3/4 c. flour |
| 1/4 tsp. grated nutmeg | 4 Tbsp. butter |

(Continued on Page 172)

GNOCCHI VERDI (Continued)

Barely cook spinach; drain well. Press against strainer and then mince. Mix spinach and Ricotta cheese well. Add egg, nutmeg and salt; stir. Fold in 4 tablespoons Parmesan cheese and 1/2 cup flour. Place 1/4 cup flour on plate. Take 1/2 teaspoon of spinach mixture and roll it in flour. Make the dumplings the size of a cherry. Test 1 or 2 in boiling water to see if they hold. If not, add flour to the mixture. Do this before making all the Gnocchis.

Place Gnocchis in boiling salted water one by one. When they all rise, they are done. Remove with slotted spoon. Dot with butter and sprinkle with the rest of the Parmesan cheese.

If you double the recipe, use only 3/4 cup flour in mixture.

Kathleen Thornley

LASAGNA

1 lb. beef, browned separately	1/4 tsp. garlic salt
1 1/2 lb. Italian sausage, remove skin and brown separately	1 large can tomato paste
1 small onion, sauteed	3/4 tsp. salt
1/4 tsp. basil	1 Tbsp. parsley
1/4 tsp. oregano	1/2 tsp. sugar
	1 large can Italian tomatoes (put through blender)

Mix all above after frying and sauteing; simmer for 1/2 hour.

1 lb. Mozzarella cheese	1/4 tsp. pepper
1 lb. Ricotta cheese	1/2 c. Parmesan cheese
2 eggs	1 Tbsp. parsley
1/2 tsp. salt	lasagna noodles, cooked

Mix above ingredients except noodles. Place into lasagna pan some of the sauce first, then noodles, cheese, then again the sauce, noodles and cheese mixture. Bake 45

LASAGNA (Continued)

minutes, covered, then 10 minutes more uncovered, at 350 degrees. May be done a day or two ahead and reheated.

Bo Wardrope

QUICK LASAGNE

2 lb. ground beef	2 tsp. vinegar
1 c. chopped onion	1/2 lb. plain lasagne noodles,
2 large cloves garlic,	cooked and drained
minced	1 pt. cottage cheese or
2 (10 3/4 oz.) cans	Ricotta cheese
tomato soup	1 lb. Mozzarella cheese,
grated Parmesan cheese	grated or thinly sliced
1/2 tsp. salt	

In saucepan, brown beef and cook onion, garlic and oregano. Add soup and vinegar; simmer 30 minutes. Stir now and then.

In shallow 13 x 9 x 2-inch baking dish, arrange 3 alternated layers of noodles, cottage cheese, meat sauce and Mozzarella cheese. Sprinkle with Parmesan cheese. Bake at 350 degrees for 45 minutes; let stand 15 minutes.

Also can use 9 x 9 x 2-inch pan. Use less meat and 1 can tomato soup.

Shirley Rothermel

PESTO GENOVESE

16 fresh basil leaves	6 Tbsp. freshly grated
2 sprigs fresh parsley	Parmesan cheese
6 cloves garlic, halved	8 oz. thin spaghetti
1/2 c. olive oil (no	1 Tbsp. butter
substitutes)	more grated Parmesan
1/4 c. chopped walnuts	cheese

Put basil leaves, parsley, garlic, olive oil, walnuts and cheese into blender. Blend until everything is liquefied. Serve at room temperature as follows: Cook spaghetti in

(Continued on Page 174)

PESTO GENOVESE (Continued)

salted water until just tender to the bite. Drain and transfer to warm serving dish. Stir in butter and Pesto Sauce, blending well with 2 forks. Sprinkle more cheese on top. Serve immediately, along with a lightly chilled Italian white wine and a hunk of Italian bread. Makes 4 to 6 servings.

Nadine DeJulio

JAVANESE MOUNTAIN OF FOOD

cooked rice	crushed pineapple
chow mein noodles	grated cheese
diced, cooked chicken	chicken gravy
chicken gravy	slivered almonds
diced celery	coconut
diced green onions, including stems (optional)	maraschino cherries

Prepare each of the items in a separate serving dish. Serve buffet style in the order listed or pass around the table in the order listed. Each person makes his own "mountain of food" to suit his likes and appetite. The coconut is the snow on top of the mountain and the cherry just tops it off.

This type of meal was supposedly served in Java to the family of a friend of a friend. There probably were some changes as the meal idea was passed along from person to person so I'm not sure how authentically Javanese it is.

Iris Henderson

KUGELIS

(Potato Side Dish-Lithuanian)

8 medium potatoes, grated (pour into double thickness of cheesecloth and squeeze off as much water as possible)	1 large chopped onion (saute in oil)
	1 Tbsp. cornstarch
	2 whole eggs, beaten
	1 pt. sour cream
	salt and pepper to taste

Preheat oven to 400 degrees. Mix all ingredients

KUGELIS (Continued)

together and put into greased 6 x 10-inch (or larger) pan. Bake for 1 hour. Slice and serve as a side dish with any meat. (To reheat the next day, fry in a frying pan.) Makes 6 servings.

Gerda Weitzel

BEEF TOSTADA PIE

- | | |
|--------------------------------|--------------------------------------|
| 1 1/2 lb. ground beef | 1 (8 oz.) can tomato sauce |
| 1 large onion, chopped | 1 (16 oz.) can drained tomatoes |
| 1 medium green pepper, chopped | 1 c. crushed tortilla chips |
| 3/4 tsp. salt | 1 c. shredded Jack or Cheddar cheese |
| 1/8 tsp. pepper | |
| 1/4 tsp. garlic salt | |

In heavy skillet, cook beef, onion and green pepper; drain. Stir in seasonings, tomato sauce and tomatoes. Sprinkle 1/2 cup crushed tortilla chips in lightly greased 8-inch square baking dish, then add 1/2 meat mixture, 1/2 cup cheese, remaining 1/2 cup crushed chips and rest of meat. Wreath top with tortilla chips. Bake in preheated 350-degree oven 30 to 35 minutes. Remove from oven and top with remaining 1/2 cup cheese. Serves 6 to 8.

Juanita Sigg

SOUR CREAM CHICKEN ENCHILADAS

- | | |
|---|--|
| 3 1/2 c. sour cream | 1 tsp. chili powder |
| 3 (5 oz.) cans boned chicken (cut up, about 2 c.) | 1/2 tsp. salt |
| 2 (4 oz.) cans mushroom stems and pieces, drained | 1/2 tsp. garlic powder |
| 1 (4 oz.) can green chilies, drained | 1/4 tsp. pepper |
| 1/3 c. onion flakes | salad oil |
| | 12 tortillas (one 9 oz. pkg. frozen tortillas) |
| | 1/3 lb. Cheddar cheese, shredded |

(Continued on Page 176)

SOUR CREAM CHICKEN ENCHILADAS (Continued)

About 1 hour before serving: In 13 x 9-inch pan, spread 1 cup sour cream. Set aside. In 2-quart saucepan, with fork, flake chicken; add 1/2 cup sour cream, mushrooms, green chilies, onion flakes, chili powder, salt, garlic powder and pepper. Cook over low heat, stirring occasionally, just until heated thoroughly.

Preheat oven to 450 degrees. In 8-inch skillet over medium-high heat, in about 1/2 inch hot salad oil, fry 1 tortilla a few seconds on each side until it softens.

For each enchilada, place chicken mixture in center of tortilla; fold seam side down in sour cream in pan. Add remaining sour cream, then sprinkle with cheese. Bake 8 minutes or until cheese is melted. Makes 6 servings.

Barbara Knobe

TAMALE PIE

- | | |
|----------------------------------|------------------------------|
| 1 1/2 lb. ground beef | 1 can creamed corn |
| 1 small onion | 3 tsp. chili powder |
| 1 can tomato soup | 1 pkg. Jiffy corn muffin mix |
| 1 small can chopped black olives | |

Brown onion and meat; drain off fat. Put in casserole and add soup, olives, corn and chili powder. Cover and bake at 350 degrees 1/2 to 3/4 hour (until bubbly and thick).

Make corn muffin mix according to package directions and cover Tamale Pie. Bake until muffin mix is done (when toothpick comes out clean).

Lois Weihs

SWEDISH MEAT BALLS

- | | |
|--------------------------------|--------------------------|
| 2 lb. ground beef | 1 egg |
| 1 (32 oz.) bottle grape jelly | 1 medium onion, diced |
| 2 (16 oz.) bottles chili sauce | 4 slices bread, soaked |
| | salt and pepper to taste |
| | garlic salt to taste |

SWEDISH MEAT BALLS (Continued)

Pour grape jelly and chili sauce into pot with 1 jar of water (from the empty chili sauce bottle). Simmer.

Mix ground beef, bread, egg, onion, salt, pepper and garlic salt in large bowl. Form into balls and fry until fully cooked. Drain grease. Put meat balls into sauce - finis!! Freezes well.

Joyce Caito

AUSTRIAN FINGER TARTS

1 lb. butter	1 1/2 tsp. cinnamon
2 c. sugar	1 tsp. ground cloves
2 eggs	2 c. ground almonds
1 lemon, juice	raspberry jam
4 1/2 c. flour	powdered sugar

Cream butter and sugar; beat in eggs and lemon juice. Add rest of ingredients except jam and powdered sugar. Chill. Roll, cutting half into rounds and half into doughnut shapes. Bake at 375 degrees 5 minutes. Cool. Spread rounds with jam and doughnuts with powdered sugar. Put together. Yields 3 dozen.

Also delicious plain.

Peggy Panke

CHILEAN LOVE KNOTS

1 egg	1/16 tsp. salt
2 Tbsp. heavy cream	1 tsp. cinnamon
2 Tbsp. sugar	sifted flour

Beat egg until very light; beat in heavy cream, sugar, salt and cinnamon. Beat well; add enough sifted flour to make a stiff paste. Roll out thin, cut in long, narrow strips and tie each into 2 or 3 knots. Fry until golden brown in deep, hot fat. Dust with confectioners sugar while hot.

Judy Repta

EASY KOLACKIES

4 c. flour	2 egg yolks
1 c. sugar	1 tsp. vanilla
1 lb. butter (soft)	1 can fruit and pie filling
pinch salt	

Mix butter and sugar; add egg yolks, salt and vanilla. Mix. Slowly mix in flour. Form on greased cookie sheets, fill and bake 15 to 20 minutes in a 350-degree oven.

Ruthanne Orsini

KOLACKY

1/4 lb. butter or margarine	pinch salt
1 small (3 oz.) pkg. cream cheese	1 can fruit and pie filling
1 c. flour	1 tsp. vanilla or almond (optional)
	confectioners sugar

Cream butter and cheese; add flour, salt and flavoring. Mix; dough will be thick. Chill several hours or overnight. Roll out on floured board and cut into small 3-inch circles or squares and slice in halves. Place teaspoon of fruit filling on top; overlap or roll into crescents. Bake at 375 degrees until lightly brown, 12 to 15 minutes. Sift confectioners sugar on top while slightly warm.

Judy Repta
Judy Wilkes

ICE CREAM KOLACHE

1 lb. butter	4 c. flour
1 pt. vanilla ice cream	your favorite filling

Melt ice cream; mix with softened butter. Add flour. Mix well. Make small balls. Flatten them on cookie sheet; top with filling. Bake at 350 degrees 20 to 25 minutes.

Carol Edmunds

GERMAN WAFFLE COOKIES

1 1/2 c. sugar (250 grams)	juice of 1/2 lemon
3 c. flour (500 grams)	1 tsp. lemon rind
3 sticks butter	1 tsp. German baking powder*
7 egg yolks	1 pkg. German vanilla sugar*
5 beaten egg whites	

*Find in foreign section of your grocery.

Mix butter, sugar, egg yolks, lemon rind and juice. Beat egg whites. Mix flour, vanilla sugar and baking powder. Alternate egg whites and flour mixture into butter mixture until all mixed. Heat waffle iron. Use 1/2 teaspoon dough; place in iron and bake.

Karen Barba

ITALIAN CHOCOLATE SPICE COOKIES

1 c. Crisco	5 c. flour
1/2 stick margarine	1 rounded Tbsp. baking powder
3/4 c. sugar	2 tsp. baking soda
3 large eggs	1/2 tsp. cloves
1 (16 oz.) can Hershey's syrup	2 tsp. cinnamon
	1 1/2 c. chopped walnuts

Cream sugar, Crisco and margarine well. Add eggs and mix well. Add chocolate syrup and mix. Add dry ingredients a little at a time and mix well. Add chopped walnuts and stir in. Dough will be sticky and firm. Roll into balls the size of a walnut; put them on greased cookie sheet. Bake in a 400-degree oven 12 to 15 minutes; test with toothpick for doneness. Cool and frost with a thin icing of confectioners sugar and water.

Kay Ferino

MEXICAN WEDDING CAKES

1/2 c. butter	1 Tbsp. vanilla (or rum liquor)
3 Tbsp. sugar	

(Continued on Page 180)

MEXICAN WEDDING CAKES (Continued)

1 c. flour

3/4 c. chopped nuts

Cream butter; add sugar and sifted flour. Add vanilla and nuts. Roll into small balls and flatten with wet fork. Bake 15 minutes in slow oven, 325 degrees. While cookies are still warm, roll in powdered sugar.

Alke Lewis

ROSETTES

1 c. flour

1 beaten egg

1 c. milk

1 tsp. vanilla

Add flour gradually to the milk until smooth; add egg and vanilla. Deep fat fry on rosette iron at about 350 degrees. Sprinkle with powdered sugar (sift it on).

Judy Wilkes

SWEDISH CARDAMOM COOKIES

3 3/4 c. all-purpose
flour

1 1/2 tsp. almond extract

1 tsp. ground cardamom

2 c. softened margarine

1/8 tsp. salt

1 c. California walnuts,
chopped fine

1 1/2 c. confectioners sugar

Mix all ingredients in a large bowl and knead by hand until well mixed. Form dough into 1-inch balls and bake in a 350-degree preheated oven 15 to 20 minutes or until light brown. Store in airtight container up to 4 weeks. If desired, dust with confectioners sugar before serving.

Pam Strewe

VIENNESE CRESCENT COOKIES

1 c. butter, softened

1 c. ground almonds (in
blender)

1/2 c. sugar

1 tsp. vanilla

2 c. flour

powdered sugar

VIENNESE CRESCENT COOKIES (Continued)

Beat butter until creamy; add rest of ingredients except powdered sugar. Mix. Shape dough into crescents. Place on greased cookie sheets. Bake 25 to 30 minutes in a 325-degree oven. While warm, roll in powdered sugar. Let cool and roll in powdered sugar again.

Vana Kikos

** EXTRA RECIPES **

** EXTRA RECIPES **

Holiday Dishes & Special Occasions



VARIOUS WINE TYPES

Appetizer Wines

Appetizer wines are so called because they are flavored for before-meal or cocktail use.

Sherry - characterized by it's "nutty" flavor, ranges in color from pale to dark amber, is either extra dry, dry, medium dry, or sweet.

Vermouth - flavored with herbs and other aromatic substances, dry or sweet, pale amber or dark amber.

Special Natural Wines - natural pure flavors (herbs, citrus fruit flavors) are added to the wine.

Red Dinner Wines

Most red dinner wines are completely dry, and with their rich, sometimes tart and even astringent flavors, blend well with red meats, spaghetti and highly seasoned foods.

Burgundy - generous, full-bodied, dry, heavier in flavor, body and bouquet than Clarets.

Burgundy-type wines - Pinot Noir, Gamay, Red Pinot, Barbera, and Charbono.

Claret - Dry, pleasantly tart, light, or medium-bodied, ruby-red color. Claret-type wines - Zinfandel, Cabernet Sauvignon, Grignolino.

Rose - pink dinner wine, sometimes called a luncheon wine, dry to slightly sweet, usually fruity-flavored, light-bodied.

Vino Rosso - mellow red wines, slightly sweet to semi-sweet, medium to heavy-bodied, ruby-red in color, blander and softer in flavor than traditional red dinner wines.

Other Red Dinner Wines - Red Chianti, Concord, Ives, Norton.

White Dinner Wines

White Dinner Wines vary from extremely dry and tart to sweet and full-bodied, with the delicate flavor that blends with white meats, fowl, and seafoods.

Chablis - very dry, with a fruity flavor and a delicate pale gold color, slightly fuller-bodied, and less tart than Rhine wine.

Chablis-type wines - Chardonnay, Pinot Blanc, Folle Blanche, Chenin Blanc.

Rhine Wine - Thoroughly dry, pleasantly tart, light-bodied, pale golden or slightly greengold.

Rhine Wine types - Reisling, Traminer, Sylvaner, Hock and Moselle.



HOLIDAY DISHES & SPECIAL OCCASIONS

ANY OCCASION PUNCH

- | | |
|--------------------------------|-------------------------------|
| 2 bottles Fifty-Fifty | 1 c. gin or vodka (or more to |
| 2 bottles ginger ale | taste, liquor is optional) |
| 2 pt. sherbet (Jewel | ice cubes |
| Groovy sherbets are delicious) | |

Mix first 3 ingredients. Add liquor. Add ice cubes.
Barb Rozovics

EGG PUFF HOLIDAY BRUNCH

- | | |
|---|--|
| 6 slices bread, cut into
cubes with crusts off | 1/2 tsp. dry mustard
(optional) |
| 6 beaten eggs | 1 1/4 c. grated cheese |
| 2 c. milk | 1 lb. breakfast sausage, |
| 1 Tbsp. onion flakes
(optional) | browned and cut into thin
1/4-inch slices |

Nice for Christmas morning - prepared in advance.

Mix eggs, milk and seasonings. Layer bread, sausage and cheese in casserole. Pour egg and milk mixture over the top. Refrigerate overnight or up to 24 hours.

Bake, setting casserole in larger pan of water (1 inch), at 350 degrees for 1 hour. Serve with sauce: Mix and heat:

- | | |
|------------------------------|----------------------------|
| 1 can cream of mushroom soup | 1/4 c. sherry |
| fresh mushrooms, sliced | small amount cream or milk |

Variation: This can also be made without sausage. Just butter the bread before cubing and butter the casserole. Add salt to the egg and milk mixture.

Annette Rafferty
Pat Hraba

CHEWY NOEL BARS

1 c. brown sugar	1 tsp. vanilla
5 Tbsp. flour	2 eggs, slightly beaten
1/8 tsp. baking soda	2 Tbsp. butter
1/8 tsp. salt	powdered sugar
1/2 c. chopped nuts	

In one bowl, mix first 6 ingredients together. In a small bowl, beat eggs slightly; mix all together. Melt the butter in 9-inch square pan over low heat; pour in batter. Bake at 375 degrees 20 to 25 minutes. Let cool 10 minutes. Turn over and dust with powdered sugar.

Vana Kikos

CHRISTMAS BUTTER COOKIES (Spritz)

1 c. butter	1 tsp. brandy
1/2 c. sugar	2 1/3 c. flour
1 egg	

Cream butter and sugar; beat until fluffy. Beat in egg and brandy; add to butter mixture. Gradually work in flour. Fill cookie gun; form cookies on ungreased cookie sheets. Bake 9 minutes in a 350-degree oven. Yield: 5-6 dozen.

Note: You can double this for a big batch and chill dough - if you add food colorings.

Carole Siragusa

CHRISTMAS TREES

1 c. shortening	2 1/4 c. sifted flour
3/4 c. sugar	1/4 tsp. baking powder
1 egg	1/4 tsp. salt
1 tsp. almond extract	green food coloring

Cream shortening and sugar. Beat in egg and extract. Gradually blend in dry ingredients which have been sifted and tint the dough with food coloring. Mix well. Fill cookie

CHRISTMAS TREES (Continued)

press and form on ungreased cookie sheet. Decorate. Bake 10-12 minutes at 375 degrees. Yield: 6-7 dozen.

Marcella DiLeo

HOLIDAY CRANBERRIES

1 bag whole cran-
berries
2 c. sugar

1 small pkg. soda crackers
(3 1/2 oz.), crushed
1 pt. whipped topping
colored sugar

Cook cranberries and sugar according to package instructions. Let cool. In a glass bowl, layer half of the cranberries, then crackers and remaining cranberries. Spread whipped topping over it. Sprinkle colored sugar on for decoration.

Pat Demonte

HOLIDAY EGGNOG

12 eggs, separated
1 c. sugar
1 qt. milk
2 c. bourbon (optional)

1 c. rum (optional)
1 qt. heavy cream, whipped
nutmeg

Beat egg yolks; add sugar a little at a time until smooth. Pour in milk, bourbon and rum.

In separate bowl, beat egg whites until peaks form. Fold egg whites and whipped cream into liquid mixture until smooth. Sprinkle with nutmeg.

Brigid Magnuson

OPEN HOUSE PUNCH

1 fifth Southern Comfort
3 qt. 7-Up
6 oz. fresh lemon juice

1 (6 oz.) can frozen orange
juice
1 (6 oz.) can frozen lemonade
(Continued on Page 186)

OPEN HOUSE PUNCH (Continued)

Chill ingredients. Mix in punch bowl, adding 7-Up last. Add drops of red food coloring (optional) and stir. Add ice, orange and lemon slices. Serves 32.

Barb Rozovics

PINEAPPLE STUFFING

1 stick butter or margarine	1 c. sugar
1 can crushed pineapple, drained (reserve liquid)	4 eggs
	8 slices bread, crusts removed and cut into cubes

Cream butter, sugar, eggs and pineapple. Fold in cubed bread. Bake in 8 x 8-inch pan at 350 degrees 1 hour. Serve hot with baked ham. Also delicious cold. Serves 4-6.

Brigid Magnuson

STAR OF BETHLEHEM COOKIES

1 3/4 c. flour	1 egg
1 tsp. soda	1 tsp. vanilla
1 tsp. salt	2 tsp. milk
3/4 c. shortening	1/2 c. finely chopped walnuts
1 Tbsp. oatmeal	approximately 1/2 lb. milk chocolate stars
1/2 c. brown sugar	
1/2 c. white sugar	

Sift together flour, soda and salt. Cream shortening, oatmeal, brown and white sugars. Into creamed mixture, add egg, vanilla and milk. Beat and add dry ingredients. Shape into balls and roll in chopped nuts. Bake at 375 degrees for 10 minutes. Remove from oven and place a chocolate star in each, pressing down slightly. Bake 3 to 5 minutes longer. Yields 6 dozen.

Margie Ullrick

TURKEY STUFFING

2 large onions	4 stalks celery
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TURKEY STUFFING (Continued)

Dice onions and celery very fine; saute in 1/2 stick of butter or bacon drippings.

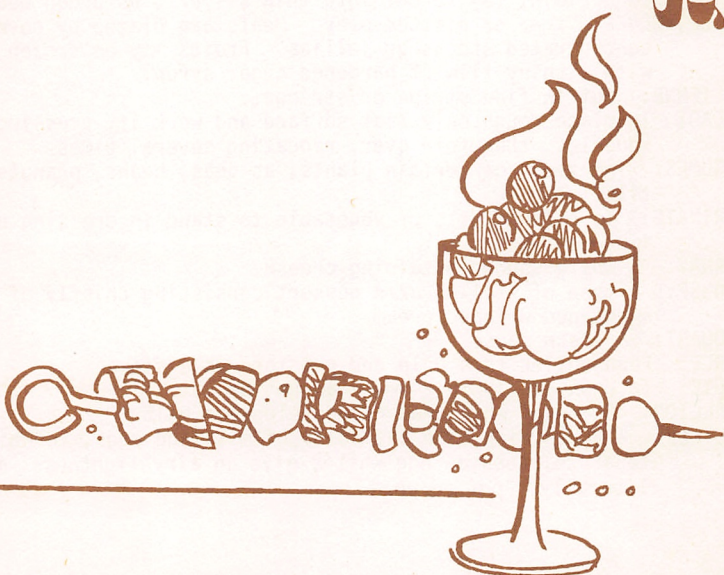
1/2 green pepper	2 chicken bouillon cubes in
1/2 red pepper	1 c. water
1/2 stick butter or	1 egg
bacon drippings	salt and pepper
1 loaf old white bread,	1/2 tsp. sage
crumbled	

Mix everything together in a bowl (finely chopped). Stuff bird or put in baking dish and bake in a 350-degree oven.

Alke Lewis

** EXTRA RECIPES **

Gourmet Cooking



COOKING TERMS

- ASPIC: This denotes a savory jelly made from stock or tomato juice with gelatin.
- AU GRATIN: Covered with cheese, crumbs or both and baked.
- AU JUS: With natural gravy.
- BASTE: To moisten food while baking with juices from pan, other liquid or fat.
- BISQUE: A rich meat soup made from fish, rabbit, fowl, etc.
- CAFE AU LAIT: Equal parts of coffee and milk.
- CANAPE: Small open appetizer, served as first course.
- CHARLOTTE: A mold lined with ladyfingers, and filled with fruit and whipped cream. The most popular is Charlotte Russe.
- COMPOTE: Fruits cooked in a heavy syrup so as to retain their shape; also a serving dish used for candies, fruits, and preserves, etc.
- CONDIMENT: A seasoning or flavoring added to, or served with a food to improve its flavor, such as salt, pepper, vinegar, herbs and spices.
- CONSOMME: A clear broth made from two or three kinds of meat and highly seasoned.
- CROQUETTES: A savory mince of meat or fish made with a sauce into shapes.
- CUT AND FOLD: To slice down through a mixture with a spoon and bring it to the top, folding over on the upward stroke.
- DEMI-TASSE: Literally, a half cup; a small after-dinner cup of black coffee.
- ENTREE: A light dish served between courses at dinner.
- ESCALLOP: To bake food, usually a mixture with white sauce and topping of crumbs or crumbs and cheese in a baking dish or casserole; originally, to bake in a scallop shell. Same as Scallop.
- FILET, FILLET: A boneless piece of fish or lean meat.
- FONDU: A light preparation of cheese and eggs.
- FRAPPE: A liquid mixture frozen to a mush.
- FRENCH: (1) To trim meat away from the end of a bone, as a lamb chop; (2) to flatten boneless meat with a cleaver, as a slice of beef tenderloin; (3) to cut into thin slivers, as green beans.
- GLACE, GLAZE: Iced or glossed over. Meats are glazed by covering with concentrated stocks or jellies. Fruits may be frozen or covered with a shiny film of hardened sugar syrup.
- JULIENNE: Cut in fine strips or strings.
- KNEAD: To place dough on a flat surface and work it, pressing down with knuckles, then fold over, repeating several times.
- LEGUMES: The seeds of certain plants, as peas, beans, peanuts, and lentils.
- MARINATE: To allow fruits or vegetable to stand in dressing or syrup to improve flavor.
- MORNAY: A white sauce containing cheese.
- MOUSSE: A type of still-frozen dessert consisting chiefly of flavored and sweetened whipped cream.
- PIQUANT: A sharp sauce.
- PUREE: Food boiled to a pulp and put through a sieve.
- SAUTE: To cook gently in a small amount of fat.
- SCALLION: An onion which has not developed a bulb.
- SOUFFLE: A baked dish made basically of milk and eggs, to which separately beaten egg whites give an airy lightness; means literally, "puffed up."

GOURMET COOKING

CHINESE VEGETABLES

2 medium carrots	1 (16 oz.) can bean sprouts, drained
2-3 stalks celery	2 chicken bouillon cubes
1/4 lb. fresh mushrooms	1 c. hot water
2 scallions	1 1/2 Tbsp. cornstarch
	2 Tbsp. soy sauce

Peel carrots and cut into thin slices slantwise. Wash celery stalks and cut into slices slantwise. Clean mushrooms and slice thin. Clean scallions; use both green and white part. Cut slantwise into 1/2-inch pieces.

Heat oil in large skillet and stir-fry carrots for 5 minutes over medium-high heat. Add remaining vegetables and stir-fry for 3 minutes longer. Dissolve chicken bouillon in hot water and add to vegetables. Mix cornstarch with sauce and stir into vegetables. Bring to a boil. Serve at once. Makes 6 servings.

Stephanie E. Jackson

CLASSIC CHICKEN DIVAN

1 small onion, chopped	6 Tbsp. flour
1/2 green pepper, chopped	2 c. chicken broth
6 or 7 mushrooms, chopped	1/2 c. white wine
2 (10 oz.) pkg. frozen broccoli spears	1 small carton whipping cream
1/4 c. butter or mar- garine	1/4 c. grated Parmesan cheese
salt and pepper	whole cooked chicken, separated from bones (use the broth)

Cook broccoli according to package directions and drain. Saute chopped onion, green pepper and mushrooms; set aside. Melt butter; blend in flour, 1/2 teaspoon salt and dash of pepper. Add chicken broth; cook and stir until the

(Continued on Page 190)

CLASSIC CHICKEN DIVAN (Continued)

mixture thickens and bubbles. Stir in cream and wine; add onion, pepper and mushrooms.

Place cooked broccoli crosswise in baking dish; pour 1/2 of sauce over broccoli. Top with chicken. To remaining sauce, add Parmesan cheese; pour over chicken. Sprinkle with additional Parmesan cheese. Bake at 350 degrees for 20 minutes; then place under broiler about 5 minutes until golden brown.

Karen Barba

ROASTED PHEASANT

2-4 pheasants, depending on size	2 Tbsp. ground ginger
4 Tbsp. soy sauce	1 chicken bouillon cube
2 cloves garlic, minced	1/3 c. water
2 tsp. sugar	6 Tbsp. vegetable oil
2 Tbsp. honey	preserved kumquats
1/4 tsp. freshly ground pepper	watercress

If pheasants are large enough, cut into quarters to make servings. If smaller, use 4 pheasants and split into halves. Wash and remove wing tips.

Combine soy sauce with garlic and seasonings in a bowl large enough to hold pheasants. Dissolve bouillon cube in water and add with oil to soy sauce mixture. Add pheasant pieces to marinade and turn to coat all pieces. Cover and refrigerate 30 minutes to 2 hours, turning pheasants a number of times in marinade.

To roast, line 1 or 2 baking pans with aluminum foil (number of pans depends on size; if all pieces of pheasant fit in a single layer in one pan, use only one). Arrange pheasant on foil; cover with aluminum foil or lid. Bake at 350 degrees 1 1/2 hours. Uncover and bake 30 minutes longer, basting pheasants with pan juices and marinade until they are browned and tender. Garnish with kumquats and watercress. Makes 8 servings.

Stephanie Jackson

TURKEY WELLINGTON

2-3 lb. frozen boneless turkey roast	1 pkg. refrigerated crescent rolls (8 rolls)
1/2 c. cranberry-orange relish	1 beaten egg

Roast turkey according to package directions until meat thermometer inserted reaches 160 degrees. Remove skin and cord; place roast in shallow pan. Spoon cranberry-orange relish over top; continue roasting until meat thermometer registers 170 degrees.

Meanwhile, on lightly floured surface, separate crescent roll dough into 4 rectangles. Overlap rectangles to form 1 large rectangle; press perforations and seams to seal. Roll to 5 x 10-inch rectangle. Remove turkey at 170 degrees; reduce oven temperature to 375 degrees. Place dough over turkey roast, molding to shape of roast. Trim excess dough; use to make cutouts for design on top. Brush dough with beaten egg. Bake 10 to 15 minutes more. Makes 10 to 12 servings.

Kriss Simms

STRAWBERRY-BANANA DESSERT

3 sticks margarine	2 eggs
2 c. graham cracker crumbs	2 c. powdered sugar
2 qt. fresh strawberries	1 medium-sized container Cool Whip (8 oz.)
6-8 bananas	1 c. whipping cream
1 large can crushed pineapple, well drained	some pecans or walnuts, chopped (optional)

Mix 1 stick softened margarine and crumbs; press into 9 x 13-inch pan. Bake 10 minutes (optional).

Beat 2 sticks softened margarine, eggs and powdered sugar 10 minutes. Split bananas and lay on top of crumbs, spread above mixture over bananas. Wash and slice strawberries; add drained pineapple. Spoon strawberries into pan. Whip cream and mix with Cool Whip; cover strawberries

(Continued on Page 192)

STRAWBERRY-BANANA DESSERT (Continued)

and sprinkle with nuts. Refrigerate.

Optional: Drizzle chocolate syrup over top.

Annette Rafferty

Helen Vukadinovich

COLD STRAWBERRY SOUFFLE

Looks beautiful and gets rave reviews. Serves 8.

4 eggs	3/4 c. sugar
1 pkg. ladyfingers (3-4 oz.)	dash salt
1/2 c. light rum	1 envelope unflavored gelatin
1 pt. strawberries	1 1/2 c. heavy cream

Separate eggs; let whites stand at room temperature about 1 hour in large bowl.

Split ladyfingers and sprinkle with rum. Line sides and bottom of 1-quart souffle dish with them.

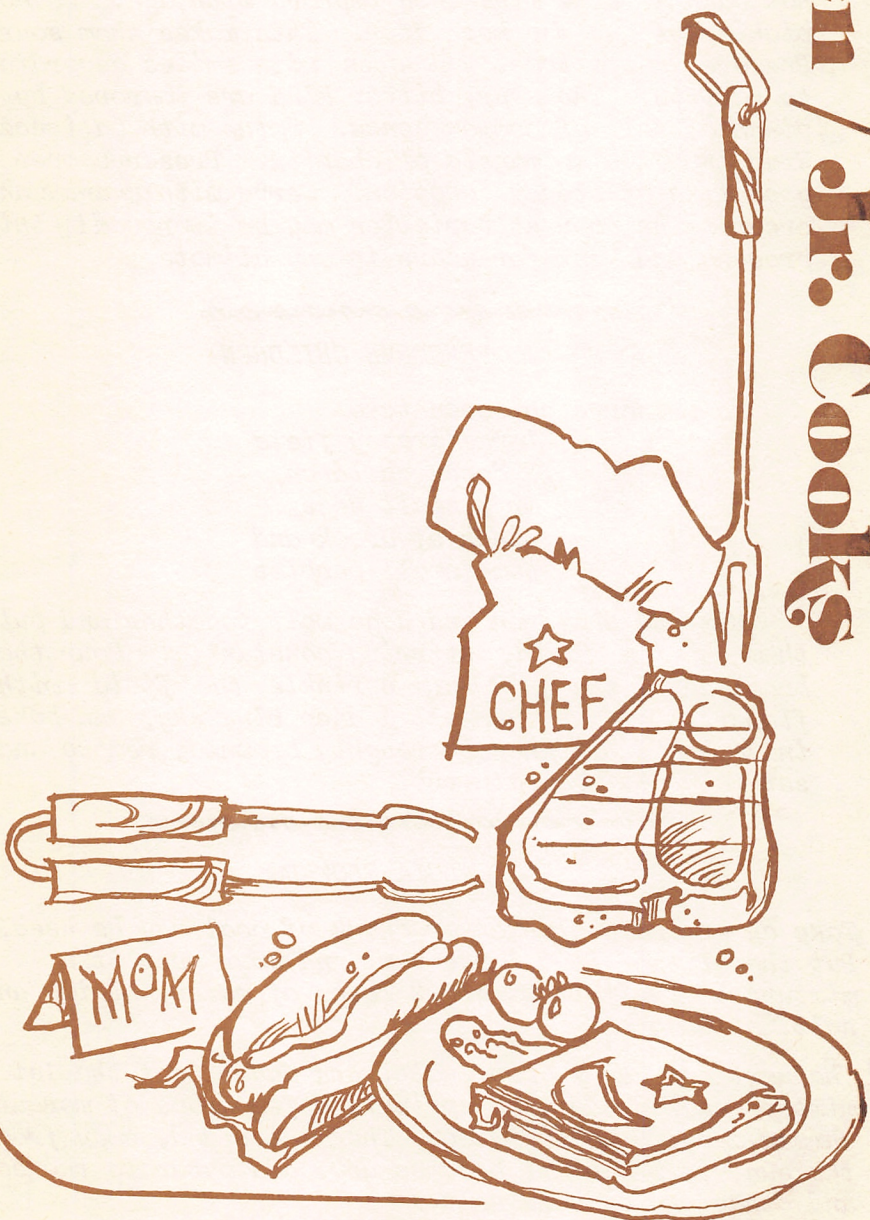
Wash and hull strawberries. Set aside 3 berries for garnish. Puree rest in blender to make 1 cup. In top of a double boiler, combine egg yolks, 1/2 cup sugar and salt; mix well. Cook over boiling water, stirring constantly, until slightly thickened. Add gelatin; stir until dissolved. Remove to cool. Beat egg whites until soft peaks can be formed. Gradually beat in remaining 1/4 cup sugar. Keep beating until stiff peaks can be formed.

Stir strawberry puree into gelatin mixture. Beat 1 cup of cream until stiff. Pile cream and strawberry mixture on top of meringue; gently fold it all. Pour into prepared souffle dish. Chill 4 to 5 hours.

Garnish with rest of whipped cream and whole strawberries.

Marlene Petrie

Men / Jr. Cooks



HOW TO PRESERVE A HUSBAND

First, use care and get one. Not too young; but tender and a healthy growth. Make your selection carefully and let it be final. Otherwise they will not keep. Like wine they improve with age. Do not pickle or put in hot water. This makes them sour. Prepare as follows: Sweeten with smiles according to variety. The sour, bitter kind are improved by a pinch of salt of common sense. Spice with patience. Wrap well in a mantle of charity. Preserve over a good fire of steady devotion. Serve with peaches and cream. The poorest varieties may be improved by this process and kept for years in any climate.



HOW TO PRESERVE CHILDREN

To preserve children take:

- 1 large grassy field
- 1/2 dozen children
- 2 or 3 small dogs
- a pinch of brook and
some small pebbles

Mix the children and dogs well together and put them in the field, stirring constantly. Pour the brook over the pebbles, sprinkle the field with flowers, spread over all a deep blue sky, and bake in a hot sun. When thoroughly browned, remove and set to cool in a bath-tub.



NOSTALGIA FLOWERS

Take an ordinary clinker or chunk of coal may be used. Put the clinker in a large bowl and pour over it a mixture of the following: 2 Tbsp. of water, bluing and salt.

The next day add 2 Tbsp. salt, 3rd day repeat the 1st mixture and in addition sprinkle a few drops of mercuriochrome and iodine over top. Then let stand, away from the sun, if the plant becomes dry, add water to the bowl and occasionally some salt.

ICE CREAM SANDWICH BARS

- | | |
|----------------------|-------------------------|
| 1/2 c. Karo syrup | 2 pt. vanilla ice cream |
| 1/2 c. peanut butter | (square cartons) |
| 3 c. Rice Krispies | |

Blend Karo syrup and peanut butter thoroughly. Add Rice Krispies and stir until coated. Press into bottom of a greased 9 x 13-inch pan. Put in freezer until firm. Cut into 24 pieces, 3 x 1 1/2 inches each. Place a slice of ice cream between 2 squares and pat together. Makes 12 bars.

Pat Demonte

JOHN'S GOOD CHILI

- | | |
|------------------------|------------------------------|
| 2 lb. ground beef | 1/2 tsp. pepper |
| 3 chopped onions | chili powder to taste |
| 1 diced green pepper | 1 (30 oz.) can tomatoes |
| 1 clove garlic, minced | 3 (16 oz.) cans kidney beans |
| 1 1/2 tsp. salt | (do not drain) |

Brown beef in skillet with onions, green pepper and garlic. Skim grease and transfer to Dutch oven. Combine with all other ingredients. Simmer, uncovered, 30 minutes. Yield: 10 to 12 servings. Freezes well.

Pam Strewe

PUMPKIN DOUGHNUT HOLES

- | | |
|------------------------|-----------------------|
| 3 c. flour | 2 eggs |
| 3 tsp. baking powder | 2 Tbsp. vegetable oil |
| 1/2 c. nonfat dry milk | 1 1/4 c. sugar |
| 1/2 tsp. salt | 1 c. canned pumpkin |
| 1/2 tsp. cinnamon | 1 tsp. vanilla |
| 1/2 tsp. nutmeg | 1/2 c. 7-Up |

Children love these and like to help. It makes lots. Sift together all dry ingredients (first 6 ingredients);
(Continued on Page 194)

PUMPKIN DOUGHNUT HOLES (Continued)

set aside. Beat eggs and add next 4 ingredients. To this mixture, add flour mixture alternately with 7-Up. Mix well. Fry in 2 to 3 inches of hot oil. Drop by teaspoon into oil. When one side is done, they will automatically turn themselves over. Remove when browned. Cool on paper towels. Roll in sugar or powdered sugar or etc. Do not overbrown. Batter can be kept in refrigerator for at least a week.

Pat Hraba

SUPER SUNDAE DESSERT

- | | |
|---|--|
| 1 box graham crackers | 1 large pkg. vanilla pudding |
| 1 large pkg. chocolate
pudding and pie filling
(not instant), prepared
as directed for pie | and pie filling, prepared
as for pie |
| | 4 bananas, sliced thin,
forming many little round
pieces |

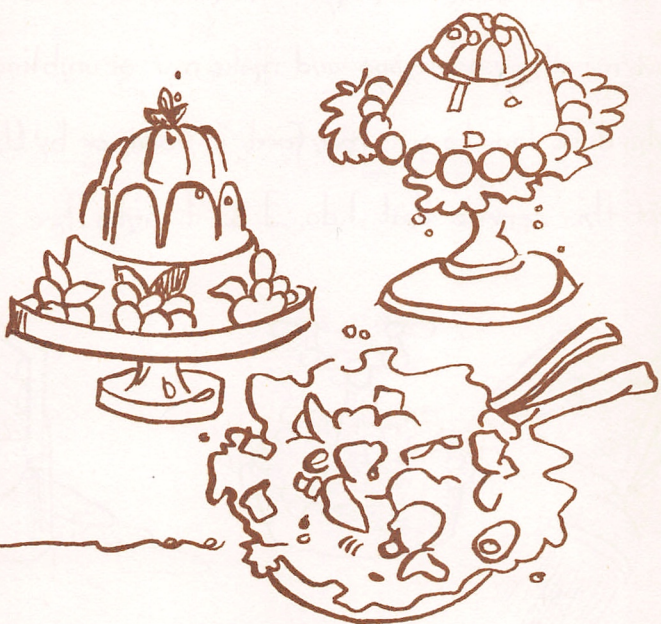
Line 9 x 13-inch pan with whole graham crackers, cutting some pieces to fit entire bottom of pan. Then place a layer of bananas side by side to cover graham crackers. Pour over this the hot vanilla pudding and pie filling. Repeat exactly graham crackers, bananas and chocolate pudding, forming a second layer. Top with sliced bananas and cover with Saran Wrap. Refrigerate at least 2 hours. Serve chilled plain or topped with whipped cream.

This cake slices nicely for serving.

Sue Warno

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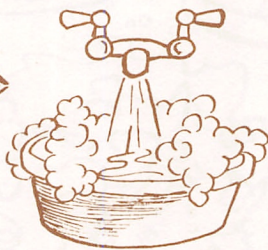
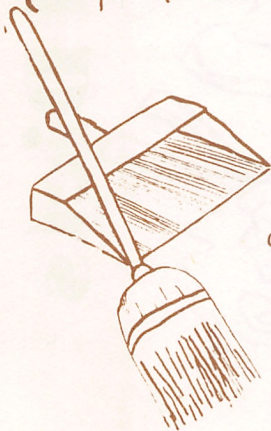
Low Calorie / Special Diets





THE KITCHEN PRAYER

Lord of all pots and pans and things, since I've not time to be
A saint by doing lovely things or watching late with Thee
Or dreaming in the dawn light or storming Heaven's gates
Make me a saint by getting meals and washing up the plates
Although I must have Martha's hands, I have a Mary mind
And when I black the boots and shoes, Thy sandals, Lord, I find
I think of how they trod the earth, what time I scrub the floor
Accept this meditation Lord, I haven't time for more
Warm all the kitchen with Thy love, and light it with Thy peace
Forgive me all my worrying and make my grumbling cease
Thou who didst love to give men food, in room or by the sea
Accept this service that I do, I do it unto Thee



FRESH STRAWBERRY JAM
(Lo-Cal)

2 Tbsp. lemon juice	1 1/2 tsp. arrowroot
2 Tbsp. water	2 c. strawberries, sliced
1 envelope unflavored gelatin	9 Tbsp. sugar

Combine lemon juice, water, gelatin and arrowroot in a saucepan. Heat, stirring constantly, until arrowroot and gelatin are dissolved. Add strawberries and sugar to above mixture; heat to boil over a medium heat, stirring constantly. Boil 3 minutes. Pour into sterile jars and cover. Store in refrigerator. Makes 1 3/4 cups - 18 calories per tablespoon.

Marlene Petrie

LINGUINI WITH BROCCOLI PRIMAVERA SAUCE

1 c. chicken broth, fat skimmed	1/8 tsp. nutmeg
1 (10 oz.) pkg. cut broccoli, defrosted	2/3 c. skim milk
1 large onion	2 tsp. cornstarch
1 clove garlic	2 Tbsp. Parmesan cheese, grated
1 tsp. basil	salt and pepper to taste

Heat broth to boiling over high heat; add broccoli, onion, garlic, basil and nutmeg. Cook, uncovered, until nearly all liquid evaporates. Stir milk and cornstarch together; stir into mixture over low heat until sauce thickens. Salt and pepper to taste. Spoon over hot, drained pasta; sprinkle with cheese. Makes 2 servings, 285 calories, 20 grams protein.

Marlene Brown

LOW CALORIE CHICKEN

1 Tbsp. vegetable oil	1 (3/4 oz.) envelope au jus
1 (2-2 1/2 lb.) frying chicken, cut up	gravy mix
1/2 c. chopped onion	1/2 c. orange juice
	1/4 c. water

Heat oil in skillet and brown chicken. Remove the chicken from skillet. Brown onion and remove. Drain off remaining fat. Stir in gravy mix, orange juice and water, loosening browned bits in the skillet. Return chicken and onion to skillet; bring to a boil. Reduce heat to 250 degrees, cover and cook 1 hour until chicken is tender. Serves 4.

Nancy Steiff

PINA COLADA DESSERT (Lo-Cal)

3/4 c. nonfat milk	1/3 c. sugar
1/2 c. flaked coconut	1 egg
2 envelopes unflavored gelatin	1 tsp. rum flavoring
	10 ice cubes (1 1/2 c.)
1 (18 oz.) can chilled unsweetened pineapple juice	

In small saucepan, combine milk and coconut until boiling.

In blender, sprinkle gelatin over 1/2 cup pineapple juice. Let stand until moistened. Add hot coconut milk; mix at low speed about 30 seconds. Add remaining pineapple juice, sugar, egg and rum flavoring. Cover and mix 1 minute on high speed. Leave blender running and add ice cubes, one at a time, until ice is melted. Turn into 1/2-cup molds. Chill. Garnish with lo-cal topping.

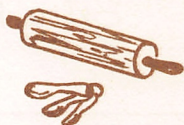
Makes 8 servings, 100 calories per serving.

Brigid Magnuson

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Favorite Recipes



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Extra Recipes

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Who Likes It:

Extra Recipes

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CALORIE COUNTER

BEVERAGES

	PORTION	CALORIES	CARBO* Grams	CHOLESTEROL mg.
Coffee, plain	1 cup	0 c.	0	0
Tea, plain	1 cup	0 c.	1/2	0
Carbonated soft drinks	8 oz.	105 c.	26	0
Cocoa, all milk	8 oz.	235 c.	20	62
Lemonade	8 oz.	100 c.	28	0
Kool-Aid, pre-sweetened	8 oz.	90 c.	1/2	0
Beer	12 oz.	150 c.	18	0

BREADS, CRACKERS, GRAIN PRODUCTS

Corn Bread	2" sq.	200 c.	18	70
French Bread	1 slice	290 c.	55	N/A
Protein Bread	1 slice	40 c.	N/A	Low
Raisin Bread	1 slice	75 c.	13	Trace
Rye Bread	1 slice	75 c.	12	Trace
White Bread	1 slice	65 c.	12	Trace
Whole Wheat Bread	1 slice	65 c.	11	Trace
Biscuits	1 average	123 c.	18	0
Rolls	1 medium	140 c.	20	Low
Saltines	2" sq.	25 c.	3	0
Soda Crackers	2" sq.	25 c.	4	0
Graham Crackers	1 medium	28 c.	5	Low
Matzoth	1	75 c.	N/A	N/A
Egg Noodles	1 cup	185 c.	49	213
French Toast	1 slice	125 c.	14	N/A
Pancakes	4" dia.	75 c.	8	54
Macaroni - Spaghetti	1 cup	200 c.	80	0
Rice	1 cup	125 c.	32	0
Waffles	1 average	225 c.	30	119
Frankfurter rolls	1 average	110 c.	20	Low
Hamburger rolls	1 average	170 c.	20	Low
Nut Bread	1 slice		11	N/A

CEREALS

Cream of Wheat	3/4 cup	100 c.	21	N/A
Corn Flakes	1 cup	100 c.	18	0
Bran Flakes	3/4 cup	100 c.	23	0
Oatmeal	3/4 cup	100 c.	18	0
Puffed Rice and Wheat	3/4 cup	50 c.	8	0
Rice Krispies	1 cup	110 c.	25	0
Shredded Wheat	1 cup	100 c.	36	0
Wheaties	1 cup		23	0

DESSERTS, SWEETS

Angel Food Cake	1 average slice	110 c.	24	0
Chocolate, 2 layer	1 average slice	400 c.	N/A	High
Cupcake, plain	1	100 c.	31	Med.
Fruit cake	1 average slice	300 c.	N/A	7
Shortcake with fruit	1 average slice	350 c.	N/A	N/A
Pound cake	1 average slice	125 c.	15	High

* Carbohydrate-grams

DESSERTS, SWEETS

	PORTION	CALORIES	CARBO Grams	CHOLESTEROL mg.
Caramel candy	1 oz.	250 c.	8	Med.
Fudge candy	1 oz.	110 c.	18	Med.
Chocolate cookies	1 small	18 c.	N/A	Med.
Chocolate Chip cookies	1 small	22 c.	7	Med.
Oatmeal cookies	1 large	100 c.	16	0
Chocolate bar with almonds	1 average	260 c.	N/A	N/A
Chocolate mints	1 small	41 c.	N/A	N/A
Doughnuts, jelly	1 average	250 c.	N/A	High
Doughnuts, plain	1 average	150 c.	17	High
Doughnuts, sugared	1 average	175 c.	22	High
Honey	1 Tbsp.	65 c.	17	0
Ice Cream	1 cup	400 c.	28	85
Ice Milk	1 cup	285 c.	1/2	36
Jello	1/2 cup	80 c.	18	0
Jellies, Jams	1 Tbsp.	50 c.	14	0
Pie, apple and other fruit	average slice	330 c.	50-54	0
Pies, custard	average slice	265 c.	34	120
Pies, cream	average slice	400 c.	N/A	High **
Pudding, bread	1/2 cup	125 c.	21	
Pudding, tapioca	1/2 cup	140 c.	16	80
Pudding, vanilla	1/2 cup	N/A	N/A	18
Pudding, chocolate	1/2 cup	N/A	N/A	15
Sherbet	1/2 cup	120 c.	28	0
Sugar, granulated and brown	1 tsp.	20 c.	4	0
Sugar, powdered	1 Tbsp.	90 c.	8	0
Syrup	1 Tbsp.	60 c.	13	0

DAIRY PRODUCTS, FATS, OILS, DRESSINGS

Butter	1 Tbsp.	50 c.	Trace	35
Cheese, American processed	1 oz.	75 c.	1/2	25
Cheese, cottage	1 cup	240 c.	6	48
Cheese, farmers, pot	1 oz.	25 c.	N/A	N/A
Cheese, Cheddar	1 oz.	100 c.	1/2	28
Cheese, Swiss	1 oz.	100 c.	1	28
Cream Cheese	2 Tbsp.	56 c.	1/2	32
Cream	1 Tbsp.	34 c.	1	20
Cream, whipped	1 Tbsp.	50 c.	1/2	Trace
Sour cream	1 Tbsp.	53 c.	1/2	8
Half & Half	1 Tbsp.	N/A	1	6
Egg, whole	1 large	72 c.	Trace	252
white only	1 large	15 c.	Trace	0
yolk only	1 large	57 c.	Trace	252
Egg, boiled, poached	1 medium	75 c.	0	
Egg, fried	1 medium	100 c.	0	
Egg, scrambled	1 medium	125 c.	1	
Egg, omelet	2 eggs	N/A	1	526
Milk, whole	8 oz.	165 c.	12	34
Milk, skim	8 oz.	85 c.	13	5
Milk, 2% low fat	8 oz.	120 c.		22
Buttermilk	8 oz.	72 c.	13	5
Margarine, oleo	1 Tbsp.	50 c.	0	0
Oils, cooking & salad	1 Tbsp.	100 c.	0	0
Salad dressing, French	1 Tbsp.	100 c.	2	Low
Salad dressing, Roquefort	1 Tbsp.	125 c.	1	N/A
Salad dressing, Russian	1 Tbsp.	50 c.	2	Low

** Depending on type of fruit

DAIRY PRODUCTS, FATS, OILS, DRESSINGS

	PORTION	CALORIES	CARBO Grams	CHOLESTEROL mg.
Salad Dressing, Italian	1 Tbsp.		0	Low
Salad Dressing, Mayonnaise	1 Tbsp.	93 c.	Trace	8
Vinegar and Oil	1 Tbsp.	130 c.	0	0
Salad Dressing, Thousand Island	1 Tbsp.	75 c.	2	Med.
(Most Dietary Dressings cut carbo 50%)				
Yogurt	1 cup	165 c.	10	17

MEATS & POULTRY

Bacon, fried crisp	1 slice	47 c.	1/2	7
Beef, hamburger, lean broiled	3 oz.	200 c.	0	80
Beef, roast, lean	4 oz.	210 c.	0	90
Beef, round steak	2 1/2 oz.	147 c.	0	4
Beef, sirloin steak	3 1/2 oz.	206 c.	0	High
Beef, liver with onions	3 1/2 oz.	248 c.	8	438
Bologna	1 slice	85 c.	1/4	High
Chicken, whole, broiled	3 lbs.		0	542
Chicken, fried	1/2		5	High
Chicken, fried	thigh or leg	135 c.	N/A	47
Chicken, fried	breast	150 c.	N/A	80
Frankfurter	1 (2 oz.)	125 c.	1	N/A
Ham, smoked	average slice	450 c.	0	High
Ham, baked	3 oz.	320 c.	0	High
Ham, canned, lean	2 oz.	170 c.	0	High
Meatloaf	average slice	225 c.	4	High
Pork, roast	3 oz.	200 c.	0	76
Pork, chops, fried	1 medium	325 c.	0	76
Pork, baked or broiled	1 medium	225 c.	0	N/A
Pork sausage	average patty	170 c.	0	High
Veal cutlet, broiled	3 oz.	125 c.	0	86
Veal, roast	3 oz.	150 c.	0	84

FISH

Catfish	average serving	100 c.	0	Med.
Codfish	3 1/2 oz.	100 c.	1/2	50
Gefilte fish	average serving	150 c.	0	High
Haddock, fried	3 1/2 oz.	250 c.	4	60
Halibut	3 1/2 oz.	200 c.	0	60
Perch	average serving	100 c.	0	High
Salmon, canned	1/2 cup	160 c.	0	35
Salmon, fresh	3 1/2 oz.	160 c.	0	47
Trout, fried	3 1/2 oz.	220 c.	0	55
Tuna, canned	3 1/2 oz.	250 c.	0	65

VEGETABLES

Asparagus, canned	1/2 cup	25 c.	3	0
Avocado	1 small	425 c.	12	Med.
Beans, baked	1/2 cup	100 c.	3	Low
Beans, string	1 cup	25 c.	10	0
Beets	1/2 cup	35 c.	8	0
Broccoli	1 cup	45 c.	8	0
Brussels sprouts	1 cup	60 c.	12	0
Cabbage, raw	1 cup	25 c.	10	0
Cabbage, cooked	1 cup	40 c.	10	0
Carrots, raw or cooked	1/2 cup	25 c.	5	0
Cauliflower	1 cup	30 c.	6	0
Celery	2 stalks	10 c.	1	0

VEGETABLES

	PORTION	CALORIES	CARBO Grams	CHOLESTEROL mg.
Corn, fresh or frozen	1 cup	140 c.	16	0
Corn, canned	1/2 cup	70 c.	20	0
Cucumbers	1/2 cup	10 c.	2	0
Lettuce, shredded	1 cup	10 c.	3	0
Mushrooms	1/2 cup	15 c.	5	0
Onions, raw or cooked	1/2 cup	25 c.	9	0
Peas, fresh, frozen or canned	1 cup	110 c.	32	0
Potatoes, baked or broiled	1 medium	125 c.	21	Med.
Potatoes, French fried	6 average	100 c.	12	Med.
Potatoes, mashed with butter & milk	1/2 cup	73 c.	15	Med.
Radishes	7	15 c.	3 1/2	0
Sauerkraut	1/2 cup	25 c.	3	0
Spinach & other greens	1/2 cup	25 c.	3	0
Sweet potatoes, baked	1 medium	200 c.	36	0
Sweet potatoes, candied	1/2 medium	150 c.	30	N/A
Tomato, raw	1 medium	50 c.	6	0
Tomato, stewed	1 cup	50 c.	10	0
Tomato, juice	1 cup	50 c.	10	0

FRUIT

Apple, raw	1 medium	75 c.	18	0
Applesauce, sweetened canned	1/2 cup	100 c.	25	0
Bananas	1 medium	100 c.	23	0
Cantaloupe	1/2 medium	50 c.	9	0
Cranberry sauce	1 Tbsp.	34 c.	18	0
Fruit cocktail	1 cup	100 c.	50	0
Grapefruit	1/2 medium	50 c.	14	0
Grapefruit juice	1 cup	100 c.	24	0
Grapes	1 cup	85 c.	16	0
Oranges	1 medium	75 c.	16	0
Orange juice	1 cup	100 c.	24	0
Peaches, fresh	1 medium	50 c.	10	0
Peaches, canned	2 halves	93 c.	24	0
Pears	1 medium	75 c.	10	0
Pineapple, canned	1/2" slice	37 c.	13	0
Plums	1 medium	30 c.	7	0
Prunes, cooked	5 medium	170 c.	22	0
Prune juice	1/2 cup	85 c.	22	0
Raisins, dried	1/2 cup	225 c.	60	0
Strawberries, frozen	1/2 cup	106 c.	27	0
Strawberries, fresh	1 cup	50 c.	13	0
Tangerines	1 medium	35 c.	10	0
Watermelon	4 x 8" wedge	100 c.	29	0

MISCELLANEOUS

Ketchup, chili sauce	1 Tbsp.	25 c.	4	0
Olives, green	7 large	63 c.	1	0
Olives, ripe	7 large	63 c.	2	0
Nuts, peanuts, roasted, shelled				
Nuts, cashews	1/2 cup	375 c.	18	0
Nuts, pecans	1/2 cup	375 c.	8	Low
Nuts, English walnuts	1/2 cup	375 c.	4	0
Peanut butter	1 Tbsp.	100 c.	3	0
Pickles, dill	4"	15 c.	2	0
Pickles, sweet	1 medium	25 c.	5	0
Pizza	5" wedge	225 c.	23	High

Make-Your-Own-Casserole Guide

Meat Cooked or Canned	Starch Cooked	Vegetables		Sauce	Seasonings	Topping
		Cooked or Canned	Onion			
2 cups	1 cup	Any combination	1/2 cup	1 1/2 cups	1 teaspoon	
Chicken	Noodles	Celery	Spanish onion sauteed	Tomato sauce	Thyme	Grated cheese
Pork	Rice	Green pepper	Green onions	Cheese sauce	Oregano	Cheese slices
Beef	Macaroni	Diced potatoes		White sauce	Basil	Dumplings
Lamb	Hominy	Peas		Sour cream and milk	Marjoram	Buttered crumbs
Veal		Green Beans		Tomato sauce with mushroom gravy	Parsley	Crushed crackers
Shrimp		Carrots			Dill	Corn chips
Tuna		Eggplant			Wine (2 tablespoons to 1/4 cup)	Chopped nuts
Liver		Zucchini				Biscuits
Hash		Pimento				
		Mushrooms				
		Spinach				
		Mixed vegetables				

Using amounts specified, combine any items in the above columns with a meat item to make a casserole. Bake at 350 degrees for 25 minutes. Makes 4 servings.

Leaves, Weeds & Other Good Things

USE THIS HERB →	<u>BASIL</u>	<u>BAY LEAF</u>	<u>CHIVE</u>	<u>CURRY POWDER</u>	<u>DILL</u>
When You Fix: ↓	Aromatic odor, warm sweet flavor used whole or ground	A pungent flavor. Available as whole leaf	Mild flavor of onion	Blend of spices in proper pro- portion	Aromatic odor with delicate caraway flavor
<u>MEATS</u> <u>CASSEROLES</u>	Beef stew Steak, Veal Lamb Venison	Meats, Stews, Sauerbraten		Curries of meat Veal Mildly hot casseroles	Veal Pork spareribs Lamb stew
<u>POULTRY</u> <u>SEAFOOD</u>	Chicken Duck Fish Seafood cocktails	Poached fish	Fish dishes	Chicken Fish Shrimp Chicken salad	Fish dishes Chicken salad
<u>VEGETABLES</u> <u>PICKLES</u> <u>PRESERVES</u>	Tomatoes Potatoes Peas Squash Herb butter	Pickled beets Relishes	Potato dishes Vegetable garnish	Various vegetables Pickled carrots Green bean sticks	Potatoes baked or boiled Tomatoes Beans Pickles Garnish
<u>EGGS</u> <u>AND</u> <u>CHEESE</u>	Cheeses Welsh rabbit and Egg dishes		Omelets and Egg dishes Cream and cottage cheese	Egg salad Egg dishes Cheese fillings Sour cream	Sour cream Cream and Cottage cheese Scrambled eggs
<u>RICE</u> <u>SPAGHETTI</u> <u>NOODLES</u>	Spanish rice Spaghetti dishes			Oriental touch to rice	Buttered noodles
<u>SOUPS</u> <u>SALADS</u> <u>SAUCES</u>	Bean Mock turtle Potato soups Tossed salads	Vegetable and Fish soups Tomato sauces and Gravies Marinades	Various Soups and Salads	Gravies Flavor teaser in soups Chili sauce Shrimp sauce	Fish and Vegetable salads Butter sauce Cream sauce
<u>BREADS</u> <u>PIES</u> <u>CAKES</u>				White bread dough	

Leaves, Weeds & Other Good Things

USE THIS HERB →	<u>GINGER</u>	<u>MARJORAM</u>	<u>OREGANO</u>	<u>SAGE</u>	<u>TARRAGON</u>
When You Fix: ↓	Aromatic, pungent root with warm flavor-sold fresh, dried or ground	Aromatic odor, potent flavor	Strong aromatic odor, bitter taste, whole or ground	Pleasant aromatic odor and warm, bitter taste. Used fresh & dried	Aromatic leaves, with hot pungent flavor
<u>MEATS</u> <u>CASSEROLES</u>	Pot roast Pork, Veal Beef Casseroles	Stuffing for all meats Ragouts, Stew Beef, Veal Pork Roasts Lamb Sausage	Pork, Veal and Lamb dishes Meat loaf Stews Chili	Stuffing for meat dishes Veal and Pork dishes Pork roast Sausage Hamburgers	Beef and Veal dishes
<u>POULTRY</u> <u>SEAFOOD</u>		Chicken and fish dishes Stuffed fish Fish chowder	Roast duck Fish chowder	Poultry	Fish and Chicken dishes Chicken cacciatore Lobster
<u>VEGETABLES</u> <u>PICKLES</u> <u>PRESERVES</u>	Pickles Preserves Chutney Vegetable combos	Scalloped potatoes and tomatoes Dressing for broccoli cabbage spinach	Hash brown potatoes Dried beans Lentils	Vegetable loaves Beans Tomatoes	Potatoes Tomatoes Beets Spinach Pickles
<u>EGGS</u> <u>AND</u> <u>CHEESE</u>		Egg salad Egg dishes Cheese dishes	Sprinkle on top of dishes with cheeses	Fresh cheese Cheese combo dishes	Eggs Benedict Egg and Cheese dishes
<u>RICE</u> <u>SPAGHETTI</u> <u>NOODLES</u>		Spaghetti sauce	Spaghetti with meat sauce Pizza		
<u>SOUPS</u> <u>SALADS</u> <u>SAUCES</u>	Soups Chicken broth Gravies Fruit salad Whipped cream	Soups Salad dressing Green vegetables salads	Vegetable and Fish salads	Salads	Tartar sauce Sweet-sour sauce Fish Sauces Green salads Aspics
<u>BREADS</u> <u>PIES</u> <u>CAKES</u>	Cakes Soft cookies and crisp snaps Pie crust and filling				

STORAGE TIME FOR FROZEN FOODS

MEATS, POULTRY, FISH (purchased fresh)

POPULAR PREFROZEN FOODS

Maximum Storage in Moisture-
Vapor-Proof Wrap at 0°F

Maximum Storage at 0°F

Months

Months

Beef, Lamb, Venison, Rabbit 9-12

Pork 6-9

Chicken, Duck, Gamebirds 6-7

Veal, Fish, Ground Beef 4-6

Turkey 4-5

Shellfish, Geese, Beef Liver 3-4

Poultry Giblets 2-3

Whole Smoked Ham, Pork
Sausage, Slab Bacon 1-3

Sliced Bacon Don't Freeze

Poultry Pies, Shrimp, Whole
Turkey 12

Juice Concentrates, Fruit 12

King Crabmeat 10

Vegetables, Unbaked Fruit
Pies 8

Sliced Poultry w/Gravy Dinners
Cod, Flounder, Haddock,
Halibut, Yellow and Pound
Cake 6

Fried Chicken Dinners,
Fried Chicken, Whiting,
Chocolate Layer Cake 4

Tuna and Meat Pies, Ham-
burger Patties, Chipped
Steak, Fried Fish Dinners
and Entrées, Fish Sticks,
Fried Scallops and Clams,
Trout and Perch 3

Pork Sausage, Angel and
Chiffon Cakes 2

Ice Cream and Sherbet 1

LIQUID MEASUREMENT --- METRIC SYSTEM

	NOW - ML.	POSSIBLE NEW METRIC IN ML.
1 Quart	946	1000
1 Cup	236	250
1/2 Cup	118	125
1 T.	14.79	15.6 or change to 15 ML.
1 t.	4.9	5.2 or change to 5 ML.
1/2 t.	2.46	2.6
1/4 t.	1.23	1.3

THERE MAY BE A NEW BASIC 10 MILLILITER SPOON.

FOOD

Weight - Metric System

Gram = .035 ounces

Kilogram = 2.2 pounds (1/2 Kilo = 1 pound)

1 Cup Flour, all purpose = 115 Grams

1 Cup Sugar, granulated = 200 Grams

1 Cup Salt = 228 Grams

1 Pound Ground Beef = 454 Grams

one 303 Can = 15 oz. = 410 Grams

one-fourth pound regular tea = 113 Grams

candy bar of 3 1/3 oz. = 100 Grams

Size of Pan

9 inches = 20 Centimeters in diameter

1 1/2 inches = 4 Centimeters

Temperature

Centigrade - C = 5/9 (°F-32)

Oven 350°F = 177 °C

400°F = 205 °C

450°F = 232 °C

Roasting Rare 140°F = 60°C

Medium 160°F = 71°C

Well-Done 170°F = 77°C

Deep Frying

375°F = 190°C

Candy Making

234°F = 112°C

240°F = 115°C

270°F = 132°C

METRIC SYSTEM MEASUREMENTS

LENGTH IS METER

Decimeter = 1/10 meter 2 1/2 Centimeters = 1 inch
Centimeter (cm) = 1/100 meter (.01) 1 Millimeter = 1/16 inch
Millimeter (mm) = 1/1000 meter (.001) 1 Meter = 39 inches
Kilometer = 1000 meters 1 Kilometer = .6 mi. or 3280 ft.

Surface is square meter

Hectare = 100 square meters Hectare = 2.47 acres
Square Kilometer = 1000 sq. meter Sq. Kilometer = 1/2 sq. mile

Volume is cubic meter

1 cubic decimeter = 1 liter or 1000 cubic centimeters
1 cubic centimeter = .000001 cubic meter

CAPACITY IS LITER

Liter is 1 cu. decimeter	1 liter = 1.056 quarts
10 deciliters = 1 liter	236 Ml. = 1 cup
1 milliliter = 1 cu. centimeter	29.5 Ml. = 2 T(10 oz.)
or 1 gram	5 Ml. = 1 t.

WEIGHT IS GRAM

Gram = 1 cc. or 1 ml.	1 gram = .035 ounces
Kilogram = 1000 grams	1 kilogram = 2.2 pounds
1,000 Kilograms = metric ton	1 ounce = 28.35 grams
Milligram = 1/1000 of gram (.001)	
Microgram or U = 1 millionth part of gram (.000001)	

[illegible]

IN GENERAL

1. 1 meter = about 3 inches longer than our yard
2. 1 kilogram = about two times as heavy as our pound
3. °Celsius = about one-half the degrees F minus 32
Example: $350^{\circ}\text{F} = 350 - 32 = 318 - 2 = 159^{\circ}\text{C}$
4. A kilometer on the highway = $\frac{5}{8}$ of our mile
5. A kilo of meat is about 2.2 pounds
6. A liter of milk or gasoline = 1.1 Quarts
7. 100 grams of cheese = 3.5 oz.
8. $20^{\circ}\text{C} = 68^{\circ}\text{F}$
9. 1 meter of fabric = 3 ft., 3 to 4 inches
10. A 30 Centimeter ruler = 11.8 inches
11. A 50 m.m. bolt = a 2 inch bolt
12. The 100 meter dash = 109.4 yards
13. A 91-60-91 beauty queen is 36-24-36

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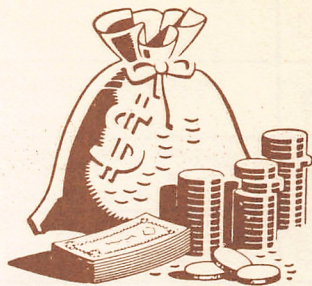
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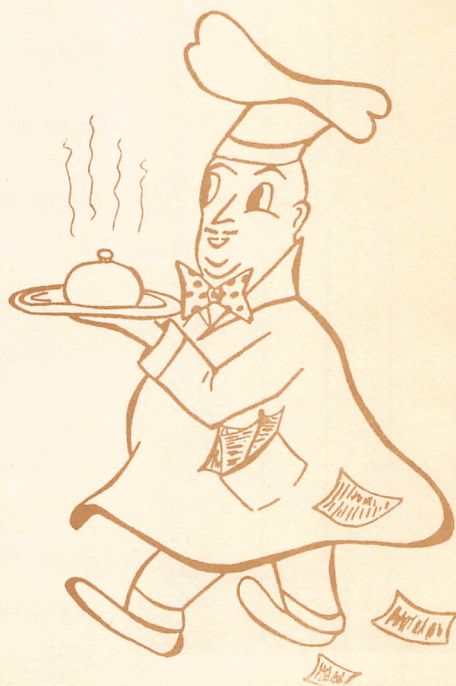
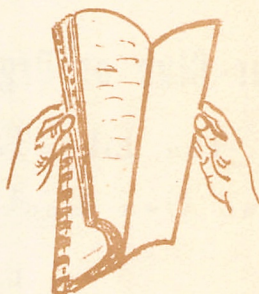
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